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National News

by Robert N. Taylor

Anti-affirmative action measure in California

Encouraged by the success of Proposition 187 and a Republican-controlled Congress in Washington, conservatives in California have launched a drive to ban all affirmative action programs in their state. Affirmative action programs were originally designed to, in part, compensate affected groups for past discriminatory practices. But they have come under concerted attack in recent years as more and more "angry white males" have started to vote for Republicans who frequently oppose such programs. Ironically, the college professors who wrote the measure, and the state legislature by going directly to the voters in the form of a ballot initiative. Further, if it passes in California, conservative groups in other states are likely to launch similar initiatives. California voters just recently passed Proposition 187 which banned most services to illegal aliens.

—BERKELEY, CA

Black Caucus could increase to 41

When the new Congress convenes in January 1995, there will be 41 potential members for the Congressional Black Caucus (CBC), the most in history. That situation would make the CBC one of the largest Legislative Service Organizations on Capitol Hill and potentially the most vocal. In addition to 37 blacks who have been reelected to Congress, the four new CBC members are: Sheila Jackson Lee, a former Houston, Texas City Council member and lawyer; Eileen Petersen, a judge from St. Croix, Virgin Islands; J.C. Watts, a 37-year-old Republican who is the former chairman of the Oklahoma Corporation Commission and an ordained minister; and Chaka Fattah, a 37-year-old former State Senator from Philadelphia. Watts, the first black elected to statewide office in Oklahoma, has not decided if he will actually join the CBC. A former Democrat, Watts said, "In the past 30 years, I do not believe the Democrats have done anything to empower the black people. Democrats just don't pay attention because they are already the most loyal voting bloc in the ranks. And the Republicans have said, 'We don't have to pay attention because they vote Democrat.'"

—WASHINGTON, DC

Republicans attack Black and other Caucuses

(If the leadership of the Republican party has
(Continued on page 3)

Rice fights privatization

NEWARK—New Jersey State Senator and Newark West Ward Councilman Ronald Rice said he and others in the Newark community are very disturbed over the State Corrections Department's plan to remove assigned corrections officers from the Newark House, a halfway facility in Newark, and have services taken over by the private sector. The planned move is part of a "tight budgeting" measure, announced by Gov. Whitman and State Corrections Commissioner William Fawcett, which they say is designed to save up to \$30 million dollars. "Not only was I not contacted, as the Senator for the district," said Rice, "but I had to read about the changes which would affect the community in the newspaper." Rice said the same issue had been discussed at length with Corrections Commissioner William Fawcett some years ago and it was determined that privatizing the Newark House facility was not in the best interest of the community or its clients. For that reason, the Senator said, with community support, he would vigorously fight the move. "It is very difficult to get a community to accept halfway houses which cater to prison inmates and that was the case with Newark (Continued on page 3)

COMMENTARY: THE PASTOR'S WORLD

Black ministers can endorse candidates

by Rev. Reginald Jackson

On Friday, December 9, I received a copy of a memo with the wording "Super Confidential" at the top of it. The memo was written by Monica Lanza and dated November 3, 1994. When the fax came in I was confused because it also had in the top left hand corner, Item Subject: Sex Educ. Doc. implying that it was a document about sex education. Boy, did I wonder why someone was faxing me a super confidential memo about sex education. It captured my attention. But it was addressed to me, it was addressed to somebody named Victor. Could it be a mistake was made when they sent it to me? But then I read this "super confidential" memo. Monica Lanza is the administrative assistant to Republican State Senator Gerald Cardinale, Victor, whose last name I do not know is the assistant executive director of Policy and Planning for the Senate Majority (Republicans).

Senator Cardinale asked Ms. Lanza to write Victor to do research on "the limitations imposed on churches and/or clergy who enjoy federal tax exemptions and what limits are imposed with respect to political activity."

Sen. Cardinale feels there is a double standard as it relates to the Christian Coalition being able to be involved politically. It would like to know if he would have grounds to file against these liberal groups causing them to be fined or to lose their tax exempt status.

To be more specific, Sen. Cardinale would like to go after black preachers who endorsed Sen. Frank Lautenberg for re-election. And this is not conjecture on my part. For what makes the need for this memo to be "super confidential" is that there is a direct quote from Sen. Cardinale in the memo, "I wouldn't be above filing against the black ministers in New Jersey who are endorsing Lautenberg. But I want to be on safe ground."

Isn't this interesting. There is no concern with the Rabbi's or white clergy who endorsed Lautenberg. Not even with the black ministers who endorsed Haytian and there were some. What about the black ministers last year who endorsed Christine Whitman, in front of the State House no less? No concern about any of them, they're alright. But rather go after those black preachers who endorsed Lautenberg.

Let me say this memo is just another example of what kind of senator Cardinale is. His narrow and primitive thinking offers no benefit to the state or the district he serves. Even more, it confirms what many have felt about him for some time. I hope he attended the Governor's press conference on Monday dealing with "New Jersey: One State with Many Faces." Because he can be assured of seeing the faces of black preachers at the State House smiling in his face.

Senator Cardinale and others feel threatened by the possibility of black preachers all across this state coming together and working together with our congregations and communities as a force to be reckoned with. Supporting candidates whether they be Democrat, Republican or Independent who are in our best interest. In a close election, we can make a difference as we did in this year's U.S. senate race.

Let me also save Victor the research. A minister, like anyone else and everybody else can endorse any candidate for any office as long as it is not done in the name of the church or the organization they belong to or head. They can endorse only on an individual, which is what we have always done.

But rather than investigating black minister's right to endorse candidates, Sen. Cardinale should investigate how a "super confidential" memo became so public!

Reception kicks-off UNCF telethon

NEWARK—Local fund-raising efforts in support of the United Negro College Fund's (UNCF) 15th "Low Rawls Parade of Stars" telethon started on Tuesday, November 29 at a reception at the Newark Museum hosted by Marilyn "Penny" Jones, assistant general manager, Contributions Office, Government & Public Affairs, Matsushita Electric Corporation of America.

"We encourage everyone to donate whatever they can, to make the critical difference in the lives of young Americans who are seeking a college education," said Penny Jones. The "Low Rawls Parade of Stars" telethon is the only telethon that supports high school education.

Over 300 people were in attendance. Gladys Knight, Marilyn McCoo and Alex Trebek will host the star-studded line up of celebrities along with Low Rawls during the seven-hour, nationally televised show airing on January 7, 1995. The "Parade of Stars" and the College Fund hopes to exceed the \$11 million raised through last year's telethon.

Local UNCF efforts must raise half of this money through cash and pledges before the telethon aired. Over \$150,000 was raised for the event for New Jersey last year.

More young people are attending UNCF colleges than in past years. Enrollment at UNCF's 41 member colleges has grown 28 percent since 1990. UNCF's 17,000 students from the New York, New Jersey metropolitan area attend UNCF colleges. As the demand for a college education grows, so does the need for money to fund the dreams of minority students.

The "Low Rawls Parade of Stars" telethon is made possible with the support of its national founding, sponsor Anheuser-Busch Companies, which underwrites the production of the program. Kellogg's Frosted Flakes is the national co-sponsor for the tenth consecutive year. American Airlines and AT&T are associate sponsors. Contributing co-sponsors are Church's Chicken and E Style from Ebony and Vogue. Avon, Eckerd/American Health & Beauty Aids Institute and General Motors Corporation are participating sponsors. Special support is provided by American Urban Radio Networks, Walt Disney World, The McDonald's Corporation, and



Present at the fund-raising kick-off reception were, (l-r) Donna D. Carter-Butler, New Jersey Producer; Vaughn Harper, WBLS radio; Pat Prescott, CD 101.9; Emmett V. Jordan, New Jersey Acting Director; Leon Goodman, WNBT; Marilyn "Penny" Jones, New Jersey Telethon Chairperson. Photo by: Leslie L. Colyer-Brown

The Eight-Sheet Outdoor Advertising Association.

The telethon will air in more than 70

television markets nationwide and simulcast on American Urban Radio Network stations. The broadcast will appear locally on WPIX Channel 11 beginning at 8:00 p.m.

Whitman supports condoms in schools Rejects clean needles for drug addicts

by Paul Joseph

In observance of World AIDS Day last Thursday, Gov. Christine Whitman called for support for condom distributions in schools, firmly opposed the distribution of clean needles to drug addicts as measure to help stop the spread of the disease and argued that a 20 percent cut in Medicaid funding proposed by her administration will not reduce care for poor people with Acquired Immune Deficiency Syndrome (AIDS).

The governor spoke at a program sponsored by the University of Medicine and Dentistry. New Jersey in Newark who honored her for her commitment to fight the deadly virus. She also signed an executive order reactivating the Governor's Advisory Council on AIDS created under former Gov. Jim Florio. It had expired in June. The panel under Florio had stated that the best way to prevent the spread of the disease was through frank education and had called for condom programs and needle distribution.

Whitman supported condom programs but said that districts, not the state government, should decide what is best for their students. She stressed abstinence from sex and drugs should be emphasized in sex education. However, she said condoms should be used by those who do not practice abstinence in order to stop the spread of Human Immunodeficiency Virus (HIV), the AIDS virus.

"Absolutely not!" the governor said in regards to government participation in needle exchange programs. She said that drugs

are illegal and that government should not be involved in supplying materials which support criminal activities. The Whitman administration's proposal would eliminate \$135 million in hospital payments from the Medicaid program, the state's health program for the poor. However, state Health Commissioner, Jim Fishman, who stood by the governor during the ceremony said the cuts are part of a policy aimed at treating

"these patients with the highest need and does not run against the administration's AIDS fight."

Fishman also said that a \$143 million hospital relief fund would be set up for hospitals which treat great numbers of HIV and AIDS infected patients. World AIDS Day is an annual event aimed at bringing attention to people with the disease around the world and to remember all of the individuals who have

Was Dahmer killing a conspiracy?

by Jo Harris, Milwaukee Courier

The Jeffrey Dahmer saga has finally ended. Like "Freddie" in the 1970s movie, *Superfly*, Dahmer is dead.

There have been a number of explanations as to why he was killed—ranging from Dahmer having a Jewish wife, to a black inmate killing him for his heinous crimes against black men. Whatever the reason, one of the most infamous episodes in Milwaukee's, and Wisconsin's history has come to an end.

The facts are these: Dahmer lured, raped and murdered more than a dozen males of color, mostly black, over a three year period (1988-90). And then he kept the remains—genitals, hands, heads, and skulls—of those for whom he had the strongest attachment. When he was finally caught in 1991, he had killed about 17 young men, dating from 1978.

He could have been apprehended before

he murdered his last five victims had two White Milwaukee police officers heeded the warnings of black witnesses. This was the first time that the idea of a conspiracy was raised in the black community.

Dahmer was charged with numerous counts of murder. However, the circumstances of his delayed arrest, his initial neutral treatment by the majority media, and the early positive treatment by his captors evoked anger and disgust among Milwaukee's black citizens. There was a collective feeling that Dahmer was accorded treatment more consistent with that of a celebrity than that of one who had engaged in savage and cannibalistic behavior.

After two sensational trials, that received worldwide attention, one to determine his sanity and another to determine his guilt, Dahmer was sentenced to 16 consecutive life terms. Yet even after his conviction, many blacks reflected as to why such a depraved human being was allowed, by white police officers, to go free after initially being apprehended while chasing a naked, bleeding from the buttocks, underage Asian male and to continue living in and moving about a majority black neighborhood. Again the question was raised: Was this some sort of conspiracy?

Later, after Dahmer was placed in prison, his celebrity status was further enhanced. The curious and the voyeuristic wrote and sent him money from all regions of the nation and from several foreign countries. The TV tabloids rushed in to get "the real story," and Dahmer held court as if he were royalty.

However, when Radio Station WNOP's Carter-McGeer Report attempted to secure similar media access, it was summarily rebuffed. Dahmer even wrote to inform them that prison officials "would not allow me to accept the interview request."

These same prison officials, however, were quick to cooperate with the Milwaukee Sentinel to chronicle, in a page one story, Dahmer's "profession of faith in Jesus Christ." The cannibal became a Christian, and Milwaukee's black community was left with the impression that Dahmer was a reformed man.

(Continued on page 8)

Community Calendar

NEWARK—The Valsburg Child Development Center needs support to help buy new books, games, etc. for the children and teachers. For more info call 201-371-3450.

PLAINFIELD—The Plainfield Board of Education is seeking residents who are interested in serving on the Citizens School Budget Advisory Committee. For more info call 908-753-3151.

ONGOING—The East Orange YMCA is conducting Adult Swim Lessons on Tuesdays from 6 p.m. to 8 p.m. For more info call 201-673-5588.

WATCHING—The Gallery Theater Company is seeking actors and actresses for an upcoming production of "49th Street Jazz." For more info, call 908-745-6751.

NOW THRU DECEMBER 17 **MANHATTAN**—Columbia University is having an exhibition of "The Art of Soho Habitation: Photographs of Mural Painting in Southern Africa" from 1 p.m. to 5 p.m. Admission is free. For more info call 212-854-7288.

THRU DECEMBER 24 **THE ARTISTS FOUNDATION** will have a Holiday Gift Wrap at the Garden State Plaza Mall and Willowbrook Mall. For more info call 201-986-0100.

THRU FEBRUARY 26 **EWING TOWNSHIP**—Trenton State College will be hosting a major African-American art exhibition entitled "Free Within Ourselves: African-American Art from the Museum's Collection." For more info call 609-771-2368.

THRU JANUARY 23 **MANHATTAN**—The Museum of the City of New York is featuring a special exhibition entitled "A New York Holiday." Admission is free. For more info call 212-534-1872.

THRU MARCH 5 **MANHATTAN**—"Black Male: Representations of Masculinity in Contemporary American Art" will be appearing at the Whitney Museum of American Art. For information on times of showing, call 212-570-3633.

MONTH OF DECEMBER **JERSEY CITY**—The Jersey City Public Library will offer a series of Christmas films. For more info call 201-547-4546.

Send Community Calendar events to
City News,
P.O. Box 1774 Plainfield, NJ 07061

WEDNESDAY, DECEMBER 14 **JERSEY CITY**—The Council on Hispanic Affairs of Jersey City State College will hold its third annual scholarship fund benefit dinner at 5:30 p.m. in the North Lounge of the Student Union Bldg. For more info call 201-300-3428.

NEWARK—"The Women's Committee" of Newark will host its first annual Holiday Campaign Toast from 6 p.m. to 8 p.m. at the Newark Museum.

DECEMBER 14, 21, 28 **JERSEY CITY**—The Media Arts Department of the Jersey City Public Library will show films for their December theme "Dreaming of a White Christmas" at the Five Corners Branch Library at 3 p.m. For more info, call 201-547-4545.

THURSDAY, DECEMBER 15 **JERSEY CITY**—The Claremont Branch Library invites adult patrons to a Christmas Community coffee hour with refreshments and a movie at 11 a.m. For more info call 201-547-4555.

SCOTCH PLAINS—There will be an Open House conducted by Union County College and The University of Medicine and Dentistry of NJ for dental hygiene, dental assisting, dental lab technology and medical lab technology from 6 p.m. to 7:30 p.m. at the Regional Health Education Center. For more info call 908-708-7518 or 908-889-2463.

NEWARK—The Newark Public Library will hold a Pre-Kwanzaa celebration at 6 p.m. in the Main Branch. For more info call 201-733-5411.

EAST ORANGE—The City of East Orange will hold a public hearing to receive public comments on the East Orange Americans with Disabilities Act Compliance Plan (ADA) at the East Orange Public Library at 5:30 p.m. For more info call 201-266-5334.

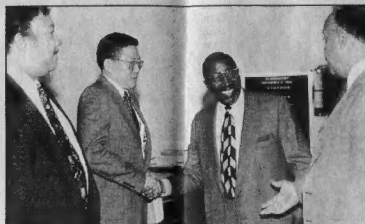
SOUTH ORANGE—The Essex County Young Democrats will be sponsoring a holiday party from 8:30 a.m. to 1 p.m. at Cayan's Pub. Those attending should bring non-perishable food to be donated to the needy. For more info call 201-783-5476 or 201-782-7240.

DECEMBER 15, 18, 22 **PLAINFIELD**—The Plainfield Post Office will extend hours at the main office at 201 Watchung Avenue from 8 a.m. to 7 p.m. Thursdays and 9 a.m. to 4 p.m. Sundays. For more info call 908-252-5258.

NEWARK—Newark resident **Adell L. Jiles, Jr.**, was appointed as a Port Authority police officer during graduation ceremonies held at the Radisson Hotel at Newark International Airport in Newark. Officer Jiles has been assigned to patrol duties at the Holland Tunnel. He was one of 42 police recruits to undergo 26 weeks of intensive training at the Port Authority Police Academy in Jersey City and other facilities.



Officer Adell L. Jiles, Jr.



Members of the Greater Newark Human Relations Commission gathered to establish their standing committees and designate chairpersons. Pictured (l-r) are Dr. Robert Spellman, professor of humanities, at ECC; Daniel Yi, owner, Danny's Plumbing & Heating, Inc.; George Branch, Central Ward Councilman and Bill Brooks, founder of the greater Newark Human Relations Commission. Comprising of 43 founding members, the Commission is a racial and ethnic mix of individuals representing various business, religious governmental and community organizations in Essex County. According to Brooks, "we want to go beyond just responding to diversity. We're keeping the commission will provide a forum for different racial and ethnic groups to come together and build respect and tolerance for each other. The ten newly formed committees are: employment, education, housing, culture and arts, info/hotline reporting, crisis intervention, membership/nominating, bias crime records, health care & human services, PR, and resource development.



Members of Beta Alpha Omega Chapter, Newark of the Alpha Kappa Alpha Sorority, Inc. present a check for \$300 to Eydye Sydnor president of Bugoma Projects, Inc. to benefit Miluki School Byngoma, Kenya. The event was held during a Jazz brunch at Seton Hall University. The funds will be used to purchase assorted school supplies.

Commission on status of women seeks nominees

ELIZABETH—The Union County Commission on the Status of Women is sponsoring its third annual dinner celebration honoring women who live or work in Union County and have made a significant contribution in either their occupation or community. Ten women will be honored, one from each of the following categories: Volunteer, Business/Corporate, Government, Law, Law Enforcement, Entrepreneur, Medicine Education, Journalism, and Human Services.

Interested applicants should mail a cover letter and resume to 21 Munsee Drive, Cranford, New Jersey 07016 no later than December 16, 1994. Individuals wishing to nominate someone for an award should submit their nominee's name and address

with a brief description of the nominee's qualifications to the above address. Winners will be notified by January 31, 1995. The Commission is also sponsoring a "Women Who Have Touched Our Lives" essay contest for high school seniors.

For an application, students should contact their English teacher or guidance department, or they may contact Jacqueline Carr at (908) 247-0900 ext. 3882. Awards will be given out for the best essay that focuses on a woman who has made a significant contribution to society and how this woman's contribution has affected the writer. Essay applications must be postmarked no later than February 1, 1995, and winners will be notified no later than March 1, 1995.

Paula Daniels receives Minority Academic Undergraduate Fellowship



Paula C. Daniels, Fellowship recipient

MAHWAH—Ms. Paula C. Daniels of Irvington, N.J., and a senior majoring in political science at Ramapo College of New Jersey, has been named a Minority Academic Career

(MAC) Undergraduate Fellow for 1994. Ms. Daniels was one of 20 students selected statewide this year to receive the prestigious award.

The state-funded MAC Undergraduate Fellowship Program is administered by the New Jersey Institute for Collegiate Teaching and Learning at Seton Hall University in South Orange. Daniels spent one week in residence at New Jersey Institute of Technology, in May. There, she participated in a variety of programs including, an informal weekend retreat focused on team building and diversity, a full day of seminars that examined major issues faced by New Jersey, and a day in Trenton exploring how government works.



Bertha Dye, president-elect Elizabeth NAACP

ELIZABETH—Bertha L. Dye, was installed as President of the Elizabeth Branch NAACP on Sunday, December 11. A long time community activist, Dye is a member of the Bethel Holy Church, an Advisory Board member of the Elizabeth Corps Salvation Army, Secretary to the New Jersey Association of Public and Subsidized Housing Residents, Inc., and has served on Assistant Secretary of HUD Joseph Shulders' Resident Advisory Board.

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National News

by Robert N. Taylor

(Continued from page 1)

its way the power of the Congressional Black Caucus and 27 other congressional caucuses will be severely reduced. Party leaders have proposed to take away the budgets, staff and the Capitol Hill offices, of all 28 caucuses. Those hardest hit would be the Congressional Black Caucus, the Congressional Hispanic Caucus, the Congressional Women's Caucus. The caucuses could still exist but without budgets, staff and offices their clout would be severely restricted. Kansas Republican Pat Roberts is spearheading the effort. He has labeled himself an "equal opportunity terminator." But Congressional Black Caucus member William Clay of Missouri said the Republican effort was primarily aimed at the Congressional Black Caucus.

WASHINGTON, DC

Studies suggest racial bias in jury awards

A new landmark study suggests that black plaintiffs receive smaller amounts in jury awards even when they suffer the same injury, loss of income or file the same type of claim as their white counterpart. The study by the Rand Corporation's Institute for Civil Justice was published recently in the wake of a Florida case in which a black Jamaican couple was awarded only \$10,524 by a white jury even though they had sought \$235,000 from their insurance company after an automobile accident. It was later learned that members of the jury had made a host of anti-black remarks during their deliberations. One juror compared blacks to chimpanzees and another said blacks do not work as well as whites. Derrick and Eugenia Powell are now seeking a new jury trial. They say they want their case to be held by a jury which is "untainted by racism." —MIAMI, FL

Ron Brown may resign to head Clinton re-election

Ron Brown—the nation's first black Secretary of Commerce—appears ready to resign his post in order to head up President Clinton's 1996 reelection bid. Sources were quoted as saying Brown was the "leading candidate" to be chairman of Clinton's re-election campaign. —WASHINGTON, DC

Welfare: U.S. Charting A New Course?

by William Reed

With an overwhelming mandate from American voters, the newly emboldened Republican leaders are moving ahead to "End welfare as we know it." Many black civil rights, political and social leaders are now asking, "How will welfare reform affect African American communities and families. With African Americans comprising only 13 percent of the voters in recent off-year elections, the other American voters took a major step to the political right and the recipients of that vote are interpreting that as a signal to decrease spending on many social programs, such as Headstart and food stamps, which have been beneficial to millions of blacks.

While the debate goes on as to whether the motivations are racially-based, black or white, people utilizing federal social programs can expect radical provisions from the Republican-controlled 104th Congress that will include: spending cuts; denial of benefits for children born out of wedlock; a banning of out-of-state legal aliens; the creation of orphanages for destitute children whose mothers have been denied assistance. Republicans, who were elected by less than 40 percent of the nation's eligible voters

NJBIA joins call for new tool to shrink deficit

TRENTON—Senator Bill Bradley (D-NJ) called on Congress to help shrink the federal deficit by passing his line-item veto proposal. The New Jersey Business and Industry Association (NJBIA) joined Bradley at a recent press conference, supporting his call for a line-item veto that would apply to both appropriations and tax loopholes.

"The steps we've taken to reduce the deficit in the last year were essential, but they are not nearly enough. Pork-burn spending continues to line the pockets of special interests at the expense of New Jersey taxpayers," Bradley said.

"New Jerseyans have a right to expect the government to use every tool available to ensure their money is spent wisely. Without a line-item veto, our efforts to cut spending are severely hindered," Bradley said.

Bradley's version of the line-item veto would go one step further than the proposal by allowing the President to strike waste from tax bills as well as federal appropriations. Bradley first advocated the plan in 1992.

"A line-item veto that just applies to appropriations bills only does half the job. Spending is spending, whether it comes in the form of a government check or a loophole buried in the tax code," the senator said.

Sen. Bradley stated the government will lose roughly \$380 billion to

are and now being cast as villains by many black opinion molders, are not yet unified on the best way to about overhauling housing assistance, job training and Aid to Families with Dependent Children (AFDC), the nation's largest welfare program with over 14 million recipients. Even though nine of every 10 blacks voted against Republican candidates, the Clinton administration too is poised to move ahead with welfare reform. "We would like to pass a welfare reform bill. An overwhelming majority of Americans, without regard to party, agree on the urgency of this problem and what needs to be done to solve it," says Bruce Reed, a domestic policy advisor to President Clinton.

House speaker Newt Gingrich (R-GA), who is seeking to achieve a balanced federal budget during his reign, has said he believes that much of the nation's welfare burden should be taken on by private charities. His "Personal Responsibility Act" legislation is based on the premise that the current system of welfare is ineffective, costly and causes many of the bad habits being manifest in urban communities. Most mainstream politicians say welfare fosters bad behavior and does not encourage a work ethic among recipients and, at the same time, creates a big and uncontrollable bureaucracy. Many families

are in the third generation of being on a welfare program. Gingrich's legislation would deny aid to unmarried mothers under 18 and allow states to extend that ban to mothers under age 21. Children whose paternity could not be established would also be denied benefits. Public reports indicate that 68 percent of births in African American families are "illegitimate." Gingrich indicates that the savings from that provision could be used to build orphanages and group homes and promote adoptions for children whose mothers are unable to care for them. The bill also would require 1.5 million AFDC recipients to work by the year 2001. Under the bill, states could terminate aid after two years if recipients have had one year of training. And the legislation would require states to send payments after five years, whether or not the recipient had been in a job program.

Even black Democrats say that, in some cases, they support new welfare reform. Washington, D.C. Mayor-elect Marion Barry, who faces a daunting financial problem in his city, says, "You start out with the philosophy that you can have as many babies as you want... if you don't task the government to take care of them. But when you start asking the govern-

(Continued on page 8)

The 53 votes cast for Bradley's line-item veto was the highest total for any line-item veto proposal previously considered by the Senate.

The new Republican leadership in Congress has indicated support for a Presidential line-item veto. "Our chances of passing the line-item veto may be better now than ever, and our need has certainly never been greater," Bradley said.

"This measure won't wipe out our debt, but it will give the President the ability to cut the pork that Congress has been unable—or unwilling—to touch," Bradley said.

Senegal to host first Pan African International Multimedia Conference

DAKAR, SENEGAL—The First Pan African International Multimedia Conference will be a seven day colloquium of professional journalists from major black newspapers, magazines, Radio and Television stations, Cable TV Networks, Video and Film Production Companies as well as Cultural, Educational Institutions, Museums and Foundations, from the USA, the Caribbean, Africa, Europe and South and Central America.

The conference will address specific problems and achievements related to Pan African media and will later be followed by a Multimedia Festival and Exhibitions. Special guest speakers will be actor, Danny Glover, and editor of JET magazine, Bob Johnson.

The conference will be held in Dakar, Senegal, West Africa from May 20 to the 28, 1995. A three day Colloquium will take place at the Meridian Presidents Hotel followed by a three day Multimedia Festival

and Exhibitions held at the FIDAK International Trade Center.

The one-week conference will be held on a bi-annual basis with the participating media agencies and countries during the first four to six years and later to become a tri-annual event. At least three hundred participants from one hundred countries are expected to attend the conference.

According to conference officials, the main purpose for the event is that they feel there is a great need for African media professionals and those of the Diaspora media world to meet on a regular basis and start to communicate with each other, take responsibility of trying to improve their national and international images.

For information on the conference call, 617-417-3123. For travel information call Palace Travel Agency, 215-471-8555, Henderson Travel Associates 1-800-327-2309, and African Travel Advisers 312-314-4199.

Rice fights privatization

(Continued from page 1)

House years ago. However, because corrections officers were placed there, who not only were educated in the field of corrections and experienced at what they do, but also understood the community where the facility was located, residents over the years learned to live with the halfway house. And, they further became partners in assisting and working with the facility.

The councilman also stated that the acceptance and maintenance of the facility in the community where its located, which is a high crime area with drugs, car theft and shootings, is directly related to the partnership developed between community residents and correction officers on the site, and has become a very workable solution. But, the experience with privately run

halfway houses has been that some work and some do not.

From the standpoint of true cost analysis, Rice said, "It makes more sense to keep correction officers at Newark House. The cost in dollars and cents will not make or break the correctional budget, but the cost of foreseeable harm to residents if we lose control of the client population, in terms of dollars and cents, in terms of injuries to individuals possible loss of life or damage to property is much greater to the community at large and state government."

The Senator says it is wrong for the state government to have a community accept the risks of a halfway house with certain conditions and criteria which is developed over a period of

(Continued on page 4)

THE BIG DIFFERENCE BETWEEN A RENTER AND AN OWNER IS WHO GETS YOUR CHECK.

Every month millions of Americans put their hard earned money into their landlords' pocket, instead of putting it toward their future. Why? Because they didn't know that for about what they're paying in rent, they could buy a home of their own.

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OPINION

EDITORIAL

Have we lost our conviction?

Why did Rosa Parks decide not to give up her seat on the bus? Why did Dr. King keep marching in spite of the death threats? Why did Nelson Mandela, not give up while in prison for 27 years?

CONVICTION

Unfortunately, as African Americans we have lost our conviction to the fundamentals that helped us get to where we are. Rather than recognize the plight of the majority of African Americans and the disparity in economic growth, we got lost in the trappings of success. We got "taken out" by the fact that we could get degrees, get elected to office, and move to the suburbs. We started believing that achievement was about self-motivation only, and the rest of the black folk were poor and "dumb" because they just wanted it that way. We lost our CONVICTION TO RAISE THE STANDARD FOR ALL AFRICAN AMERICANS. We thought it wasn't about race but about qualifications. This election, more than any other in history, was clearly about race. But now the majority party will have to demonstrate that they can lead this country. However they have no conviction to raise the standards for all Americans, especially not African Americans. Can we blame them when we failed to ask more from the party that we blindly followed and voted for year after year without raising the standards of our family. It's time that African American take a serious look at those who dare to call themselves our leaders but cannot lead. It's time we look at those who gloat in a cloak of importance and let their trivial ego needs supersede the needs of those they represent. Being black does not make you right. It is time we demand conviction from our leaders in order to earn the right to call themselves a leader.

The Christian Coalition

NEW YORK—Reverend Jesse L. Jackson spoke at the Park Avenue Synagogue Monday, December 5. Following are excerpted remarks from his speech:

"In the name of religion, there is talk of a Christian culture, a Christian nation. Yet, we know that the greatness of America is its ecumenical character and commitment to religious tolerance. Let us remember that the concept of a Christian Coalition is not new. In slavery times, the economic forces rationalized slavery by saying that African descendants were three-fifths human. Their pseudo-scientists, pseudo-theologians, like Murray, rationalized slavery arguing that blacks had a small Cephalic index, that our brains were smaller. The Christian Coalition rationalized their support of these forces by saying that we were the cursed descendants of Ham. Germany had a Christian Coalition. It betrayed the character of the faith with silence or complicity as the notion that the Jews killed Jesus became fuel for Hitler, killing without conscience as people prayed in schools and churches while trains rolled. Only a few brave souls defied the 'big lie'."

"Often, forces have appropriated the name Christian but lack the character of the faith. There is a spirit of retribution and selfishness that goes against the teachings of the church. An authentic Christian Coalition must be measured by the character of our faith, not by the appropriation of our name. The character of the Christian faith will make America better. The character of our faith has always obligated us to fight racism, anti-Semitism, fascism and homophobia to fight for the rights of working people and, indeed, to reach out to the least of these."

"The election returns of November 8th were not a mandate to increase the number of poor children or frightened us into a more racially-polarized society."

"The forces of racism and intolerance are heading downhill like a truck with no brakes—gaining speed and losing control. We have an obligation to take responsibility for speaking the truth about these issues—because the truth is the only brake that can stop this truck's dangerous momentum."

Rice fights privatization

(Continued from page 3)

years, only to renege on their commitment as to who will run the facility and how it will be done.

"The budget problem," continued Rice, "is one that has been created by the Whitman administration continuing to take money out of the state revenue stream and now it must be made up by cutting programs that help those most in need of assistance. It's a smoke and mirrors game," he said.

CITY NEWS



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by Connie Woodruff

What? Another "Committee" in formation to target ethnic strife in Newark?

Have n't people had enough of "committees" headed by politicians, business, professionals and a few "community activists" To make Newark a better place to live and work?

I think so, but who ever asks the man or woman on the street what they think ought to be done to improve their daily struggle just to get through a day in the city without a problem?

Remember the Newark Human Rights Commission? The Greater Newark Urban Coalition? The last citywide organized group funded by the business community that with drew all support after a disastrous 10 years in operation? And lest we forget there was also a city hall-based committee to improve Newark's tattered image.

So the new committee of 43 people (some who live in Newark and many who will not be known as the Greater Newark Human Relations Commission to prevent racial and ethnic strife in the city.

I'm not privy to the names of the Commission members yet, but it's a safe bet some of the same old names who've been doing this past before will be on the list.

In speaking as the group's interim chairman, Bill Brooks, Prudential Insurance Company's retired vice president for community affairs said "We want to go beyond just responding to diversity. We're hoping the commission will provide a forum for different racial and ethnic groups to come together and build respect and tolerance for one another."

Hmm... That sounds familiar. It should certainly ring a bell with George Hennig, Mayor Sharpe James, Lenine Coleman, former Community Affairs Commissioner and George

Hampton of UMUNDI. They all chaired one or another of groups formed to tackle community problems in Newark.

Something else that triggers my memory are the new Commissions 10 standing committees to deal with concerns: employment, education, housing, culture and arts, crisis intervention, membership-minority, bias crime records, health care, human services, public relations, resource development and information-hotline.

To be sure, the men and women who will serve on the Greater Newark Human Relations Commission will be well meaning and capable. They will want to do a good volunteer for the city for their own personal reasons. For a while, the same business interests and foundations involved in human relations will foot the bill for a hot shot, high salaried executive director or for a battery of "consultants" who will study the "PROBLEM" ad nauseam then issue voluminous reports that will somehow resemble other reports issued by other committees given the charge by other well meaning groups of citizens.

At the present time "ethnic strife" is the least of Newark's worries. But Newark does have problems in city hall; the city ranks 17th in the nation in crime; schools rank among the lowest in the state in productivity and highest in the state in dropout rates; health care for the poor leaves something to be desired. Then there's the human services providers who are constantly in trouble with people and funding sources, drugs, car jacking, drive-by shootings and now young girls who travel in packs to mug and assault pedestrians. All of this provides people who want to do something to improve the quality of life for Newarkeans plenty to do.

People will get along if they have jobs, affordable housing, recreational

outlets and elected officials who are sincerely and honestly dedicated to public service.

What Newarkeans do not need is yet another high profile group of little substance. The people and the city deserve much better.

Neither does the city need a collective of people to divert attention from the real problems of spousal abuse, teenage pregnancy, incest, illiteracy, abuse of the elderly and a variety of rip-offs too numerous to mention.

Cusie phrases like "Renaissance City" will no longer suffice. The people are folks up with Jim Treffinger, the Essex County Executive-Treffinger was only going by the book when he asked all senior level managers in county government to tender their resignations. Democrats have done the same in the past.

Mr. Treffinger will take office January 1, the day he has asked the resignations take effect in the letter he wrote to all department directors, division heads and section chiefs—many who have grown old and fat in the jobs that were protected by years of Democratic control.

Under the administrative code most senior managers enjoy a quasi-judicial political position, served at the pleasure of the county executive and when a new administration comes into office people in the top posts are often replaced.

Treffinger also sent shock waves throughout the county in announcing the appointment of Michael Chertoff, the tough former U.S. Attorney General who has prosecuted a long list of elected officials, as his special legal

counsel.

To me this is a signal Jim Treffinger does not intend for "business as usual" to be the name of the game in Essex County government.

Essex County is mourning the passing of Cesare who made a difference in their communities.

Claude Jackson of Montclair who became known in Newark as a community representative for the F & M Schaefer Brewing Co. in Newark, later as owner of Jackson Liquors, Inc. and then as a captain in the Essex County Sheriff's Department.

Jackson organized the first youth football team in Montclair and made the Montclair Eagles one of the original eight Pop Warner teams in the state. He was inducted into the Essex County Chapter of the National Football Foundation and College Hall of Fame where he received the Amateur Coaches Football Award in 1993, and was a member of 100 Black Men, the Knoll Country Club, Parsippany and The Men of Essex. A native born Newarkeer, he lived in Montclair 40 years and is survived by his wife, Alonzy, daughter, Mrs. Toni Bowers, two sons, Brett and Robert C., two sisters and five grandchildren.

Adelbert (Dellie) Brown was an accountant for the City of East Orange prior to retiring in Marston Mills, Massachusetts where he died in Cape Cod Hospital, Hyannis, Massachusetts.

Graduate of Seton Hall University, Brown had been an accountant for the UCC in Newark, past president of the Newark Boys and Girls Club board of directors, the Homes Street/Parkway Directors' Association, Community Day Nursery E.O., Newark Central Ward Athletic Association and the East Orange Title I Parents' Council and Optimists International chapter.

(Continued on page 8)

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NATURALLY

Few women expect to need a Cesarean section, but if you do need one, it's good to know that it was necessary.

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Billie Jean Suggs and daughter Jolyn, who was born at Muhlenberg.

"Our goal is to treat childbirth as naturally as possible, without compromising the health of the mother or baby."

— Frank Laudonin, M.D.

Vital Statistics

Well below the state average of 20 to 22 percent, statistics for Cesarean births as a percentage of all births at Muhlenberg are as follows:

1993	14.9%
1992	14.4%
1991	13.5%
1990	15.6%

Even among high risk patients, the C-section rate is also below the state average.

The Latest Trend

The new trend is for pregnant women who have previously had Cesarean sections to deliver vaginally. At Muhlenberg, the success rate for Vaginal Birth After Cesarean (VBACs) is 82 percent. Women who are considering a VBAC must meet certain criteria to insure a safe and healthy delivery.

See For Yourself

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Kids Kalendar

DECEMBER 17

MANHATTAN—The Frances Taven Museum will have a "Holiday Crafts Family Program" from noon to 4 p.m. For more info, call 212-425-1778.

NEWARK—The Animals Christmas will be presented at the Newark Public Library at 2 p.m. For more info, call 201-733-5643.

MANHATTAN—The Lincoln Center will sponsor "Jazz for Young People" featuring Wynton Marsalis in the Alice Tully Hall. For more info, call 718-522-7171.

DECEMBER 17, 18

NEW YORK—Kids can design their own wire drawing using bendable wire at the Children's Museum of the Arts. For more info, call 212-274-0886.

DECEMBER 18

EDISON—The Adventures of Peter Pan will be presented at Middlesex County College at 12 p.m. and 2:30 p.m. For more info, call 908-906-2566.

DECEMBER 20

WAYNE—"Snow Angel Avenue," a holiday musical for children ages three to 10, will be staged at William Patterson College's Shea Center for the Performing Arts at 7 p.m. For more info, call 201-595-2371.

DECEMBER 24

MANHATTAN—The Children's Museum of the Arts will have a Band Workshop at 12 p.m. For more information call 212-274-1776.

DECEMBER 28

ENGLEWOOD—"Peter Pan" will be staged at the John Harms Center for the Arts at 11 a.m. For more information call 201-567-3850.

DECEMBER 31

NEW YORK—Create your own clay mask at the Children's Museum of the Arts from noon to 3 p.m. For more info, call 212-274-0886.

Send Kids Kalendar events to:
City News
P.O. BOX 1774
PLAINFIELD, NJ 07060

YOUTH/EDUCATION/SUCCESS

Teen artists on tour

NEW BRUNSWICK—Fifty works, created by teenagers, are now part of the 1994-95 Teen ArtsFest Touring Exhibit. The two and three dimensional pieces, including drawings, paintings, prints, photographs and sculpture, are representative of the creative talents of students from all areas of New Jersey. The tour provides a unique opportunity for aspiring young artists to gain visibility and recognition beyond their local school districts.

The tour began in September at the E. Louise Childs Memorial Library in Stanhope, and will continue at private, corporate, and public sites throughout the state, concluding at American Cyanamid in Princeton in June of 1995.

Student participants in this project were selected from last spring's regional ArtsFest Symposium and the 1994 Summer Arts Institute. The ArtsFest symposia were the culmination of County Teen Arts

Festivals held throughout the state; the Summer Arts Institute is a five week residential program held on the campus of Rutgers University in New Brunswick. Works were selected by a panel of professional artists and educators, including noted printmaker Jack Landan, sculptor Judy Wray, painter Mel Leipzig and Rob Girandola, and photographer Millie Burns.

The Teen ArtsFest Touring Exhibit, a joint project of the Friends of Teen Arts (FOTA) and the Institute for Arts and Humanities Education (AHE), is made possible through the support of the NJ State Council on the Arts/Department of State and the NJ State Department of Education. FOTA and AHE are proud to be a part of New Jersey's "Participate!" campaign.

For more information regarding specific locations, etc., call the FOTA at 908-558-3049 or 908-249-0209, or AHE at 908-220-1600.

Young dancers can win cash awards

NEW BRUNSWICK—The New Jersey State Chapter of the National Society of Arts and Letters is sponsoring a competition for career ready dancers ages from 15 to 22, living or working in New Jersey. There will be monetary awards for first (\$600), second (\$300), and third (\$100) place winners in the State competition, which will be held in the Nicholas Music Center of the Mason Gross School of the Arts at Rutgers University in New Brunswick on Sunday, April 2, 1995. The first-place chapter winner will also receive an all expense paid trip to attend the National Modern Dance Competition to be held in Jacksonville, Florida from May 11-13.

Participants will be required to present a solo selection from the works

of either Isadora Duncan, Hanya Holm or Ruth St. Denis; a free choice solo selection from a recognizable Modern Dance technique and participate in a Modern Dance Master Class. A video tape of the St. Denis, Holm and Duncan works is available for all interested dancers.

In Jacksonville, the thirty regional winners will compete for cash awards ranging from \$5,000 for first place to \$1,000 for fifth place. For applications, copies of the video tape and information, interested dancers should contact the Institute for Arts and Humanities Education, (908) 220-1600 or Hortense Kookools c/o IAHE, 100 Jersey Ave., Suite B-104 New Brunswick, NJ 08901. Deadline for applications is March 1, 1995.

Multicultural Thanksgiving



TRENTON—Bocary Bandeh (standing center), a senior elementary education major at Rider University in Lawrenceville, NJ, and a student teacher at Grant Elementary School in Trenton, organized and presented a multicultural Thanksgiving program that kindergarten children presented to parents. Bandeh, an international student from Gambia and a former teacher in the West African country, had the children sing in Mandinka and also say grace to parents in Mandinka. They then had a Thanksgiving meal.

A new generation learns



The ancestral cultures and histories of African-Americans continues to be disseminated by Philadelphia's Dr. Edward W. Robinson, Jr. now marking 50 years of delivering to African Americans nationally a pride in their African heritage. Dr. Robinson is pictured here with Nicole Roney, to whom he has just presented the award-winning video, "The Songhai Princesses." The video is available in book and video stores. The fairy tale, acquaints children with the magnificence of their forebears in the Songhai Empire. Copies are also available from Dr. Robinson at P.O. Box 18828, Philadelphia, PA 19119.

Students hands-on engineering experience

NEWARK—Design transportation system linking Newark Penn Station with Newark International Airport. Create a solar-powered light sculpture on and off at dawn. Re-design a kitchen hand mixer to work better, or create your own toy.

These are just a few of the hands-on projects first year engineering students at New Jersey Institute of Technology (NJIT) get to work on as part of the new Fundamentals of Engineering Design Program (FED), funded in part by a National Science Foundation Graduate Engineering Education Coalition grant of \$3 million per year, over five years.

The program, only in its second year, already shows signs of success. "Of the freshman who took FED in fall 1993, 93 percent came back to register for classes in the fall of 1994 which is even higher than the 88 percent university wide freshman to sophomore retention rate for the same time period," explained Judy Valyo, dean of Freshman Studies.

"We try to give them a broad view of what an engineer does, what is expected of them, and we take them through the entire design phase, from the conception of an idea to the creation of a product," explained Geraldine Milano, director of Engineering Graphics and mechanical engineering module instructor.

By the end of the program,

FED students know how to: devise a concept, research the feasibility of their idea, do engineering calculations, conduct a cost analysis, do research, explore safety and environmental issues, con-

sider the social and political ramifications of their decisions, develop a marketing plan, use Pen Tagline and the 3-D, and learn how to protect their ideas with copyrights and patents.

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OPENS CHRISTMAS DAY

KWANZAA

What it Means.

From December 26th until January 1st, millions of African Americans across the country celebrate Kwanzaa. What is Kwanzaa? Well, it's neither a political nor religious holiday. It's not intended to take the place of Christmas. Kwanzaa (Swahili for "the first harvest") is a cultural celebration. It is a time to reflect and rejoice on the struggles and successes of African Americans throughout history. There are seven basic principles of Kwanzaa—unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. Kwanzaa is a time to celebrate life.

How to Celebrate.

Each day of Kwanzaa, friends and family gather for the traditional candlelighting ceremony. A table is set with a straw place mat, ears of corn, gifts and the Kwanzaa candleholder (Kinara) with red, black and green candles, black in the center. After a toast from the unity cup, one candle per night is lit, starting with black, then alternating green and red, left then right. With each candle, the principle for that day is recited. On the sixth evening, the Karamu or "feast," is held. On this night, the whole family gathers to share food, gifts, and to strengthen unity.

The McDonald's family hopes that you and your family will enjoy the spirit of Kwanzaa all year long.



McDonald's

Billboard

DECEMBER 17

WATCHUNG—Jazz vocalist Jeanie Bryson will be appearing at the Watchung Arts Center. The 8 p.m. concert will feature a varied program of jazz, pop, sambas and more. Call 908-753-0190 for ticket information.

SOUTH AMBOY—Saxman Marion Meadows will be appearing at Club Bené. The 8 p.m. concert will feature a varied program of jazz, pop, sambas and more. Call 908-753-0190 for ticket information.

PLAINFIELD—Soul Brothers Production Co., Inc. proudly presents "Second Annual Kwanzaa Extravaganza" 8:30 p.m. to 1 a.m. at the Black United Fund Community Center Complex. For more info, call 908-561-0123.

WATCHUNG—Jeanie Bryson, Dizzy Gillespie's daughter, is returning to the Watchung Arts Center to perform at 8 p.m. For more info, call 908-753-0190.

DECEMBER 18

MANHATTAN—The Museum of the City of New York will exhibit a performance entitled "Rhythms of the City" at 2 p.m. For more info, call 212-534-1672.

NEWARK—"Magic of Christmas," featuring the New Jersey Symphony Orchestra and the Newark Boys Choir, will be staged at Symphony Hall. For more info, call 1-800-ALLEGRO.

SAVERVILLE—"The Nutcracker" will be presented at the Club Bené Christmas Theatre located on Rt. 35. Doors open at 7 p.m. Showtime at 8 p.m. For more info, call 908-727-3000.

DECEMBER 18-MARCH 5

MONTECLAIR—An exhibition entitled "Emma Amos: Changing the Subject," a portrayal of women and African-American artists throughout the history of art, will be on display at the Montclair Art Museum. For more info, call 201-746-5555.

DECEMBER 29

HARLEM—There will be a Kwanzaa Celebration featuring Cheryl Bryson and Something Positive at the Studio Museum at 7 p.m. For more info, call 212-864-4500, ext. 237.

Send Billboard Calendar events to
City News
144 North Ave.
Plainfield, NJ 07060

ARTZ WEDNESDAY

African Heritage Network broadcasts A Warm December for Christmas holiday special

NEW YORK—The African Heritage Movie Network (AHN), hosted by Ossie Davis and Ruby Dee, broadcasts Sidney Poitier's *A Warm December* as the December Holiday Special "Movie of the Month." *A Warm December* airs on WABC, December 22, at 12:05 a.m.

A Warm December (1972) is a captivating and charming love story which stars widower, Dr. Matt Younger (Sidney Poitier) and his young daughter, Stefanie (Yvette Curtis) who are vacationing in England. While there, Matt meets and falls in love with a beautiful African girl named Catherine (Esther Anderson) who is a member of the Torunda's Economic Development Council seeking trade for her country. Catherine is also suffering from an incurable disease. Matt must decide whether to marry Catherine and risk losing another wife and at the same time risk his daughter losing another mother.

The African Heritage Movie



Esther Anderson (l) and Sidney Poitier (r) star in *A Warm December*

Network's "Movie of the Month" series is the first feature film package with an all African-American focus. Hosted by television, stage, and movie stars Ossie Davis and Ruby Dee, and

shown on 92 stations nationally, the series features a cross section of films intended to show the variety of movies starring or made by African-Americans since movie making began.

Life Lines of Love, a poet's contribution to the world

by Sandra Wright

Plainfield resident Natasha Munson wrote her first poem two years ago to try and cheer a depressed friend. Since then she has written over one hundred poems and a screenplay.

Munson says her goal was to have her poems reach people in their hearts and minds. She has shared her poems with the public on some occasions and now her creations will soon be published for the world to enjoy.

Her public readings include the 1992 Juneteenth Celebration at the Virginia Commonwealth, 1992 Union County Literature Festival, and the May 1993 Rutgers University Africans Studies Forum.

In the coming year look for Natasha Munson's *Life Lines of Love* to be published by Carlton Press from New York.

The following is one of Ms. Munson's works.

I Was Once Told (By The Mind)

I was once told as a child that the world held many treasures that my life was ripe for plucking at its many hidden pleasures

I was once told as a teen now schooled that life was hard and wicked yet perseverance was the key my goal reached if I pick it

I was once told as a black man to run my opponents through for many miles

I had yet to go yet even then I knew

I was once told as a poet I should concentrate on landscapes on trees and things that personified our means of cranial escape

I was once told as a young adult to leave my dreams unscathed

realities are what's in the stock the love of life unpaired

I was once told as a dreamer my dreams were meant for fools for a dream cannot be won



Natasha Munson

upon if the dreamer has no tools

The Lord has smiled upon his child he knows that I have

beckoned for an answer to my questions lest I live another second

He ponders for a moment then he gently whispers to me

"I gave you lyrics my child and to use them is your duty."

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East Orange outlines holiday festivities

EAST ORANGE—The City of East Orange has a host of activities and programs scheduled for the month of December in celebration of this year's "Season of Giving," including the "Festival Of Lights," Christmas Caroling, an Angel Tree Toy Drive, and two Kwanzaa candle-lighting ceremonies.

The "Festival Of Lights" and tree lighting ceremony was kicked-off on Monday, December 12, in the Rounda at East Orange City Hall located at 44 City Hall Plaza. East Orange Mayor Cardell Cooper was joined by members of the community to light the city's Christmas tree. Holiday songs were performed by the New hope Baptist Church Mass Choir, under the direction of Anthony Jackson.

The program culminated with the official lighting of the 13 foot Blue Spruce Christmas tree, located in the lobby of City Hall, donated by East Orange residents, Mr. & Mrs. Wanyick. Over the years they have donated three trees for the annual city celebration. The portion of the tree at City Hall is the top of the 20 foot high tree.

Participating in this year's Christmas caroling are local elementary and secondary school children. All caroling takes place between 11:30 a.m. and 1:30 p.m., beginning December 13-16 and December 19-22 in City Hall.

Embracing the "Season of Giving," the city's Department of Welfare is sponsoring the Angel Tree Project, a toy drive. Toys will be distributed to families who would not otherwise be able to celebrate Christmas. If you would like to donate toys contact the Welfare Department.

In addition, two Kwanzaa candle-lighting ceremonies will be held in celebration of this African-American holiday meaning "first fruits."

A day ceremony is planned for Thursday, December 22, between 12 p.m. to 2 p.m., and an evening ceremony will be held on Thursday, December 29, between 6 p.m. and 9 p.m. Both programs are free and open to the public.

Finally, the City's Department of Recreation and Cultural Affairs plans to give gifts of love to youngsters this year by providing hats, scarves and gloves to keep them warm during this winter season. This year's event will be held at the East Orange Golf Course, 440 Parsonage Hill Road in Millburn.

For information about holiday activities contact Zakkiyah Zai'mah, Department of Policy, Planning and Development at (201) 266-5123.

Attention Poets

OWINGS MILLS, MD—The National Library of Poetry has announced that \$12,000 in prizes will be awarded this year to over 250 poets in the North American Open Poetry Contest. The deadline for the contest is December 31, 1994. The contest is open to everyone and entry is FREE.

Any poet, whether previously published or not, can be a winner. Every poem entered also has a chance to be published in a deluxe, hardbound anthology.

To enter, send ONE original poem, any subject and any style, to the National Library of Poetry, 11419 Crownridge Dr., P.O. Box 704-1982, Owings Mills, MD 21117. The poem should be no more than 20 lines, and the poet's name and address should appear on the top of the page. Entries must be postmarked by December 31, 1994. A new contest opens January 1, 1995.

The National Library of Poetry, founded in 1982, is the largest poetry organization in the world.

Dine & Dance
New Year's Eve

with
WBGO and Cognac Hennessy
at The Grand Hyatt Hotel, NYC
Empire State Ballroom

Illinois Jacquet & His Big Band **Kevin Mahogany Quintet**

December 31, 1994 7:30 pm - 1:30 am

WBGO/88.3FM **Hennessy COGNAC**

For reservations and more info call
(201) 643-4303

Jeanie Bryson returns to the Watchung Arts Center

WATCHUNG—Vocalist Jeanie Bryson is returning to the Watchung Arts Center on Saturday evening, December 17. The 8 p.m. concert will offer a varied program of jazz, pop, sambas and more, including selections from her recent CD. Reservations are strongly suggested due to limited seating. Call (908) 753-0190, leaving a message if the phone is unattended. Tickets will be held at the door.

The Watchung Arts Center is easily reached from Interstate 78 (exit 40) or Route 22 (Plainfield overpass).

Saxman Marian Meadows to perform at Club Bené

SAVERVILLE—Saxman, Marian Meadows, will be performing in concert at the Club Bené Dinner Theatre, located on Rt. 35 in Sayreville, on Saturday, December 17, for one night only. On this one evening Marian will perform one show at

9:00 with an optional dinner being served at 7:30. This will mark the first headlining engagement that Marian Meadows will be making at the Club Bené. For further information call 908-727-3000.

Soul Brothers Production Co., Inc.

Proudly Presents:
Kwanzaa Extravaganza
Date: December 17, 1994
Location: Black United Fund Community Center, 403 W. 7th Street, Plainfield, NJ 08061-0129
Time: 8:00 p.m. Doors open 7:30 p.m. Show begins 8:00 p.m. Time: 10:00 p.m.

ENTERTAINMENT
Back by Popular Demand: International Starliner Hassan K. Sultan

African Dance Band: Olan Productions
Recording Artists: "Beauty Perspective", Special Guest: Comedian "Ludicrous"
Special Secure Performance by Y.M. Adams & Dimension

Dwayne Ferguson - Illustrator of Captain America/Power Rangers

Ethnic Food For Sale/Vendors Wanted

Ticket prices: 5-12 years \$8 advance/\$10 at door; 13-18 years \$10 advance/\$12 at door; Adults \$15 advance/\$20 at door. For Group Rates call (201) 688-4771.

Ticket Locations:

Waters Edge 464 South Ave. Plainfield, NJ 908-561-1521	Black Line 137 Park Avenue Plainfield, NJ 908-224-8800	400 Rector Road 612 Atlantic Center Park Bldg. Plainfield, NJ 908-251-7674	South United Fund 400 W. 7th Street Plainfield, NJ 908-251-7675
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LIGHTING IT UP

Is there still a black quarterback problem in the NFL?

by Fern Taylor

Quick question—how many starting quarterbacks in the NFL are African-American?

Hold up your hand. Fold in your thumb. Grab your pinkie with your thumb. You got it, three. Philadelphia's Randall Cunningham, Minnesota's Warren Moon and Cincinnati's Jeff Blake. You might toss in Rodney Peete and Vince Evans, who get a little bit of PT now and then.

That's it. Three. Which leads to another question: I there still a stigma against African-American quarterbacks in the NFL? According to the numbers? Most definitely. Why? That's a puzzling, disturbing

question—and I think it goes beyond simple racism, even though its effects are just as damaging.

If you take a look at your major colleges today, they are filled with promising African-American quarterbacks. Alcorn State has the best quarterback in the country (not best African-American quarterback, but best period) in Steve "A.J." McVair. Nebraska has Tommie Frazier (before his injury). Even locally, the Big East is full of promising signal-callers in Rutgers' Ray Lucas, Virginia Tech's Maurice DeShazo and Syracuse's Kevin Mayhew. The AP Top 25 college teams are annually stocked with talented African-American quarterbacks.

You'd figure that at least a couple

of these guys would become frontline quarterbacks in the NFL—not the CFL (Canadian football league), the frequent landing spot for top-notch African-American collegiate quarterbacks. But will any of these guys get a fair shot in the NFL?

Recent history—and past history—says no. Ask Jeff Blake. Ask Charlie Ward.

You gotta be ecstatic that Blake, the former star from East Carolina, is doing so well. The former New York Jet third-stringer is leading the league in passing efficiency and has been the lone bright spot for a woeful 2-11 Cincinnati Bengals team, because somebody gave him a shot and he's made the most of it.

The Jets just made a stupid move. They need a quarterback—Boomer Esiason is getting old (and not playing so well). Blake showed some promise in spot duty over the last two years. So what do the Jets

do? They draft Glenn Foley out of Boston College and practically hand him the third-string job and waive Blake.

Charlie Ward didn't do a whole lot—except sweep tons of awards, including the Heisman, while leading Florida State to the national championship last year. Not only was he an outstanding player, he is an outstanding student and person in the community. His reward? He goes undrafted by the NFL and ends up playing third (or fourth) string point for the Knicks.

Some say Ward got a bad deal because the NFL types weren't sure if he was committed to football or basketball. But not to get drafted at all? Could you see this happening to John Elway if he won the Heisman and played hoops on the side? I doubt it. This subject is too juicy to try to cram all that I'd like to say into one column. We'll talk about this some more next week.

East Orange sponsors annual winter coat drive

EAST ORANGE—The city of East Orange annual winter coat drive is currently underway at East Orange City Hall. The coat drive will benefit East Orange residents who may be in need of warm clothing and coats during the winter season.

This effort is being promoted within all departments and divisions of city government. Mayor Cardell Cooper said, "I am asking that East Orange citizens, youth groups and community organizations also participate to help those less fortunate."

The 1994-1995 winter season is predicted to be one of the harshest on record.

Coats will be collected in front of

the city's Public Information Office on the second floor at East Orange City Hall between the hours of 8:30 am and 4:30 p.m. Monday through Friday through Christmas. Coats may also be dropped off on Monday evenings when City Hall is open late for Council meetings. The coats may be new or used. If used, they should be clean and in reasonable condition. Heavy sweaters will also be accepted. Wrapping or boxing the coats is not necessary.

When the drive is completed, the coats will be delivered to various agencies and organizations in the city. For information, call 201-266-5334 or 266-5429.

Only 10 more days left to shop 'til you drop and spend all your money!

Dahmer killing

(Continued from page 1)

wauke's white print media were ecstatic! Again there was a question raised in the minds of many blacks: Was this an orchestrated attempt to rehabilitate the reputation of this animal?

Thus, when word reached Milwaukee's blacks that Dahmer had been killed by a black male, there was a mixture of emotions.

Some felt it was a tragedy, that the killing of Dahmer's life did not make up for the lives he had snuffed out. Others felt that justice had been served and that the race had been vindicated. Still others felt the murder was just a little too perfect, that maybe this was some kind of conspiracy!

After all, Dahmer was in one of the most secure prison facilities in the state. It also appeared strange that no guards were in the area of the attack for nearly half an hour. Next, it was somewhat puzzling that the alleged black assailant was able to beat Dahmer to death with no one hearing any screams (although some would argue that Dahmer remained silent during the beating because he had a death wish).

In addition, immediately after the attack, the assailant was able to beat

another white prisoner, Jesse Anderson, dead near to death—again with no guards, or anyone else, hearing anything! All of this was supposed to have been done with a broomstick (although the most recent reports suggest the weapon have been another weapon, yet unconfirmed).

Furthermore, why would prison officials assign Dahmer and Anderson to a work detail with a professed black nationalist?

This assailant, if there is only one, would have to be as powerful and as agile as was O.J. Simpson, if he actually committed the murders of his wife and Goldman, in an open, outside area. Give us a break! These unanswered questions and the series of questionable circumstances and events lead many in the black community to cry **Conspiracy!**

Imaginations are running rampant. In the dead person, real? Dahmer? Why is there a rush to cremate the remains? Is Dahmer part of the national conspiracy where black people have come up missing, especially black males? Will he assume a new identity and strike again?

These are the elements of a conspiracy theory surrounding the rise and fall of Jeffrey Dahmer.

Municipal produces step-by-step business guide

EAST ORANGE—Mayor Cardell Cooper recently announced the release of *East Orange: The Place To Do Business*, a step-by-step guide to doing business in the City of East Orange.

"Because we value the role businesses play in the vitality of the city, we have prepared this guide to assist prospective and existing business owners to establish or expand their business in East Orange," Mayor Cooper said.

The guide is a friendly and informative step-by-step business resource for anyone desiring to do business in

the city. Billed as an entrepreneur's road map, the pamphlet includes business information on starting your own business, permits, bonding, economic development, financial assistance, procurement, vending, zoning and construction guidelines.

Copies of *East Orange: The Place To Do Business*, are available in the East Orange Public Library, the Department of Policy, Planning & Development and the Office of Public Information. For more information contact George Wheatle Williams at 201-266-0938.

Welfare

(Continued from page 3)

ment to take care of them, the government now ought to have some control over you." Current reports show that less than one in every 10 people receiving AFDC benefits work.

The Center on Budget and Policy Priorities reports that if the Personal Responsibility Act were implemented today, 2.5 million families and at least 5 million children now getting benefits under AFDC would be pushed

off the rolls. Their report also said that more than half the families receiving AFDC today would be denied benefits.

Of the more than 14 million families now in the program, about 48 percent have received benefits for a total of five years, although not necessarily in one spell. Paternity has not been established for nearly a third of the children in the AFDC

brother to purchase his own medalion and cab to become self-employed and a successful owner operator until he retired a few years ago.

Louis mentioned many young men and women who became part of the Green Cab Taxi company when they were the only African American company serving Newark's black taxi riders. When white companies began to compete for the lucrative black market, it was the courage and determination of the Major Brothers to protect the rights of minority cab drivers that kept the beleaguered business in tact.

The Majors were also in the forefront of forcing companies like Yellow Cabs to hire black drivers in one of the most fiercely fought business wars in Newark's history.

The Major family were lifelong members of Clinton Memorial A.M.E. Zion Church in Newark where funeral services were held following Louis' death on Thanksgiving Day.

As I see it...

(Continued from page 4)

A lifelong member of Elmwood United Presbyterian Church, he was a deacon, past president and superintendent of the Sunday School and recipient of the Dr. Charles Bowman Award from the church's Men's Club. He was also a leader for Boy Scout Troop B and a member and treasurer of the Martin Luther King Jr. Society in Cape Cod.

Surviving are his wife, Jean, a son Michael, two sisters, Mrs. Vivian Makle and Evelyn M. Brown of East Orange and three grandchildren.

Louis Major was the youngest of the Major Brothers who under the aegis of the oldest sibling, the late Clinton Major, formed the Green Taxicab Company in Newark.

Born in Summerville, South Carolina, the family moved to Newark when Louis was an infant. He attended Miller St. School and was a graduate of Central High shortly before joining the N.J. National Guard at the outbreak of World War II.

During the war he worked as a welder in a defense plant accumulating money to give up his part time job driving a taxi owned by his

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Hugging as we curved, feeling nothing could get

in our way, a smooth experience is what I

knew was ahead. Destination... forever in a day.

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left on my soul, right where it belongs.



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This holiday season, United Way of Essex and West Hudson is offering free copies of our popular Youth Yellow Pages directory as a community service to people who live and work in our community. Originally published in 1991, the Youth Yellow Pages was developed with the help of local students to talk about things that matter to our young people.

This newly expanded edition talks about good things like how to get a job and where to go for recreational activities. It also talks about some not-so-good things like substance abuse, eating disorders, date rape and running away. It tells young people what their rights are and encourages them to respect the rights of others. Most importantly, though, it gives them the names of agencies and programs in our area where they can turn to for help... for guidance... and for answers about things that affect their everyday lives.

United Way of Essex and West Hudson's Youth Yellow Pages is one stocking stuffer that will make a meaningful gift for your kids all year long!

To order your free copy of the Youth Yellow Pages, call (201) 624-8300, ext. 216.

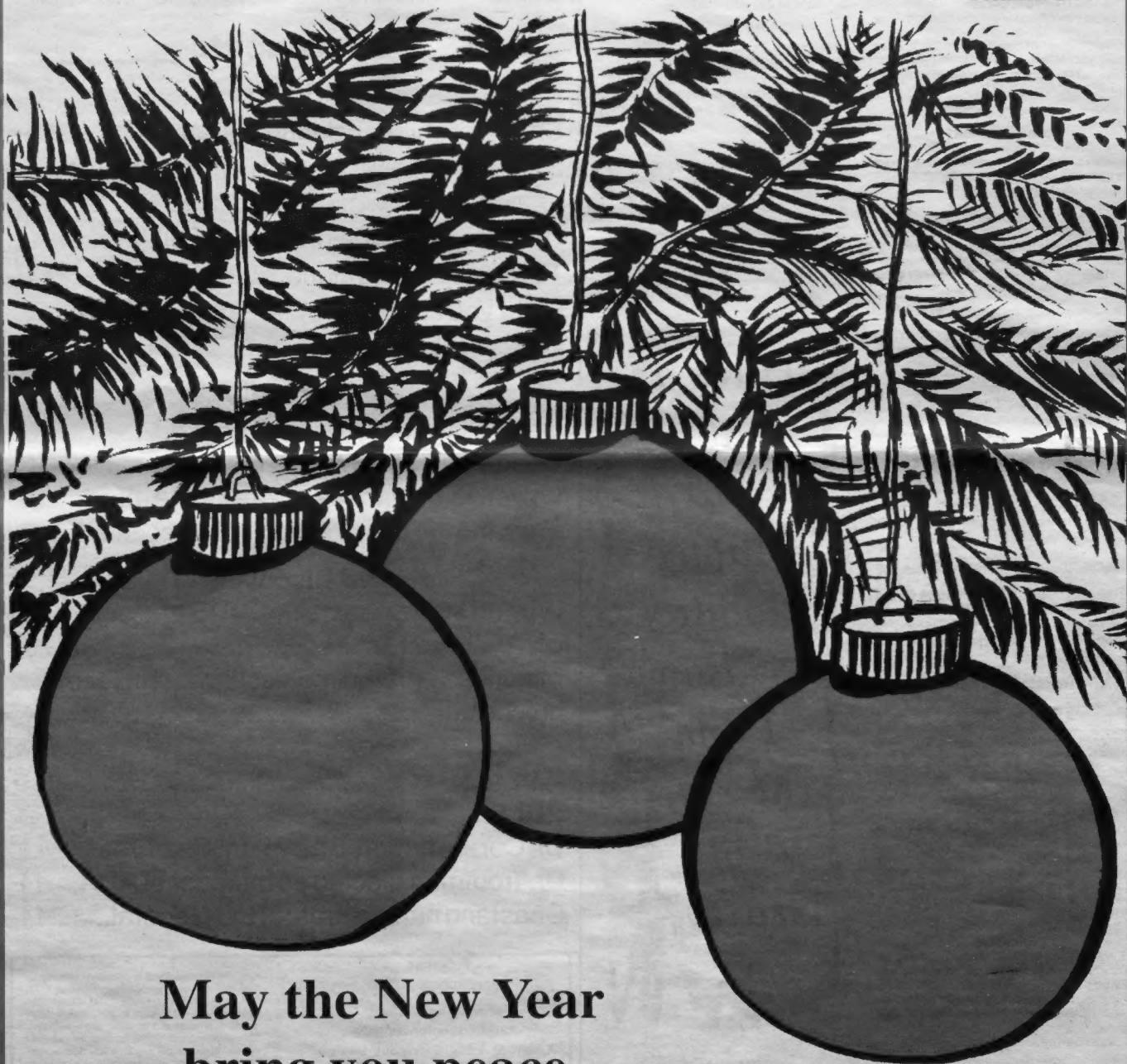
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HEARTBEAT

YOUR GUIDE TO HEALTHY LIVING

December 1994



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HEALTH CALENDAR

MONDAY THRU FRIDAY

NEWARK—Free confidential AIDS counseling and testing, Mon.-Fri. 9-6 p.m. Sat. 9-4 p.m. Newark Community Health Centers. Call 201-565-0355 for appointment, or Plainfield Health Center at 908-753-6401.

EVERY FOURTH MONDAY

ELIZABETH—The Elizabeth Center for Planned Parenthood of Greater Northern New Jersey is offering a low-cost cancer screening for women over 40 from 9 a.m. to 2 p.m. They provide pap test, cervical and breast exam and blood pressure check. Appointments only, call 908-351-5384

EVERY THURSDAY

IRVINGTON—Irvington General Hospital offers free STD at 5 p.m. If you think you or your partner may be infected call 201-399-6124 immediately for an appointment.

FRIDAYS AND SATURDAYS

JERSEY CITY—Jersey City State College will offer fall courses for individuals seeking certification as alcoholism and/or drug abuse counselors in New Jersey at 2039 Kennedy Blvd. For more info call 201-200-3089.

EVERY TUESDAY AND THURSDAY

EDISON—A fully-monitored 13-week exercise and nutrition program designed to minimize the physical demands of pregnancy and speed up recovery following childbirth at the JFK Health and Fitness Center at JFK Medical Center. For more info call 908-632-1610.

EVERY LAST THURSDAY

EDISON—An educational seminar entitled "Quit and Stay Quit," from 7 p.m. to 8 p.m. at the Center for Drug and Alcohol Prevention and Treatment. For more info call 908-634-7910.

EDISON—The Blood Bank at JFK Medical Center needs healthy blood donors, ages 17 to 70, (donors under age 18 must have written parental consent). If you or anyone you know would like to donate blood, or for further info please call 908-321-7683.

THURSDAYS & FRIDAYS

CRANFORD—Alternatives, a group therapy for abusive or violent men in the home, is offering confidential group sessions at The Mental Health Association office. Individual intake sessions are being scheduled now. For more info call 908-272-0304.

EVERY MONDAY

EDISON—A free educational series for individuals and families affected by drug and alcohol abuse, "Chemical Dependency Family Education," is currently being offered from 7 p.m. to 8 p.m. at the CDAPT office at 1152 St. Georges Avenue. For more info call 908-634-7910.

TUESDAYS

NEWARK—Beth Israel Medical Center offers a support group for persons who are HIV positive. The group meets from 1 p.m. to 2 p.m. in the medical center's Professional Building, 408 Osborne Terrace. For

more info call 201-926-7846.

EVERY SATURDAY

WEST ORANGE—The Northern NJ Chapter of the National Multiple Sclerosis Society, sponsors a free swim program every Saturday at Kessler Institute for Rehabilitation. 9:30 to 11:30 a.m. For more information, contact Carol or Laurie at 201-984-6667.

IRVINGTON—Free WIC & Lead Testing from 9:15 a.m.-10:15 a.m. at the Irvington Health Dept. for pregnant and nursing women from birth to 5-yrs.-old, lead poisoning and anemic children. Blood Tests are free, walk-ins are welcomed.

TUESDAY AND THURSDAY AFTERNOONS

IRVINGTON—Free Baby Clinic at the Irvington General Hospital for newborns to 5 yrs. old. YOU MUST CALL FOR AN APPOINTMENT at 201-399-6652.

Have a
Healthy
and
Happy
Holiday
Season
From
the staff
of
Heartbeat

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HEALTH BRIEFS

Learning opportunities available for minority college students

Minority college students interested in pursuing medical degrees may apply for the Honors Pre-Medical Academy, a six-week summer program at Baylor College of Medicine and Rice University, both in Houston. The national program, funded in part by The Robert Wood Johnson Foundation, is designed to increase minority representation in medicine by enhancing participants' competitiveness in the application pool. Participants must be black, Mexican-American, mainland Puerto Rican or a member of one of the indigenous American peoples. Additional information is available by calling 1-800-633-6445.

Free brochure on childhood accident prevention

Tips on child safety are contained in a free brochure entitled "Accident Prevention: A Family Guide to Child Safety." A free copy of the brochure is available by mailing a stamped, self-addressed, business-size (#10) envelope to: "Accident Prevention," Room 176B, Baylor College of Medicine, Houston, Texas 77030.

Be cautious when traveling with food

Food can be a health problem for travelers in some less developed parts of the world. Avoid cold-meat platters, buffets and foods sold by street vendors. Uncooked vegetables are also a suspect because they may have been grown in contaminated human or animal feces. Fruits, nuts and vegetables with thick skins or shells are safer, provided they have been peeled under sanitary conditions. In restaurants, order meat or fish well done, and check to see that they are served steaming hot. Use canned milk over milk products that may be unpasteurized.

Plastic surgery can benefit elderly people

A plastic surgery procedure used to improve appearance can also allow some older people to continue reading and driving. In the elderly, fat and skin can begin to sag and block part of the eye itself. Blepharoplasty tightens eyelids that droop. Removing the proper amount of fat is the key because this is unlike other body fat, said Dr. Michael Breiner of Baylor College of Medicine. "It is in pockets around the eye as protection against sharp blows and usually will not grow back when removed," he said. If too much is removed or if the skin covering it is stretched too tightly, it may create a sunken appearance around the eye. Blepharoplasty can usually be performed as an outpatient procedure using local anesthetic and sedation.

Lack of sleep can be a problem

One of the most prevalent sleep problems is lack of sleep. Problems attributed to sleepiness range from reduced productivity and diminished mental and physical

(Continued on page 7)

TIPS TO BEING FIT

Walking into fitness

by Vince & Yolanda

Walking is one of the best ways to get in an aerobic workout. It's safe, healthy, fun, inexpensive and easy to start. Walking, like other aerobic exercises, should produce a training effect. "Training effect" is the body's ability to recover from physical stress such as exercise or work.

When you use a high impact exercise to get in your aerobics, you put 3 to 4 times your body weight on every joint in the body. That's not to say you shouldn't use high impact exercises such as jogging, but you should be aware of the problems that can be associated with them. When you walk, the impact of each step is only 1 1/2 times your body weight.

Unlike many other aerobic exercises walking is relatively free from the many of hazards of aerobic exercises. Aerobic exercises such as jogging, jumping rope or high impact aerobics can cause joint pain, stress fractures, muscle pulls and other problems. Studies have shown that you can get the same benefits by walking sixty minutes, four times a week as you can by running thirty minutes three times a week.

Although walking is relatively free from injuries you can still overdo it. If you begin to feel pain, stop walking for a couple of days, then slowly work your way back into your program.

Walking will supply you with the following benefits:

- Lower resting heart rate
- Faster recovery rate after work or exercise
- Lower resting blood pressure
- Better cardiovascular efficiency
- Increase blood/oxygen volume
- Decrease LDL (low density lipoproteins, Bad Cholesterol)
- Increase HDL (high density lipoproteins, Good Cholesterol)
- Lessen the risk of blood clots
- Strengthen the heart
- Help reduce weight by burning body fat
- Increase energy
- Make bones stronger
- Reduce stress from anger, frustration, change, etc.

Start walking at your own level, even if it's only for a few minutes. Then gradually build on the time, pace and distance.

Here are some tips that can help you get started:

- Go for a walk when your energy level is low (it will give you a boost)
- Walk to work
- Walk before breakfast
- Walk in the mall if the weather is bad
- Get a friend to walk with you
- Walking is a good way to spend quality time with your mate or your children

A quick walking program

1st Week

Walk 20 min. Record the distance. Walk the same distance and time three times a week.

2nd Week

Walk for 25 minutes. Keep a record of the distance. Walk the same distance and time three times during the week.

3rd Week

Walk for 30 minutes. Keep a record of the distance and time. Walk the same distance and time three times during the week.

To continue, increase the time by 5 minutes each week. Keep record of both the time and the distance. Try to have at least one day of rest between your walking workouts for the first two months if you've never been involved in exercise.

After you've reached 60 minutes you may want to use the same time and increase the distance. Continue to increase the distance weekly until you can't increase your distance during the 60 minutes. You then have to decide if you need more aerobic exercise. For most people, 60 minutes of walking near maximum pace is all you'll need to stay aerobically fit.

When walking or running you should always face on coming traffic. Facing the traffic will give you a chance to see what's coming and give you more time to react. So that you'll be seen wear bright clothing during the day that doesn't match your surroundings. Day glow orange is an excellent choice. At night you want to wear white or reflective clothing. You can even carry a flashlight.

There are a few other safety features

you may want take into consideration when walking outside. Walk with a friend. Avoid isolated and poorly lit areas. Always let someone know what route you're taking and when you expect to return. Carry phone change and identification. Do not wear headphones they make you less aware of traffic sounds, dogs, approaching strangers and can cause problems with your equilibrium. If you can, use a route that others use when working out so you'll be less likely to be a victim of foul play.

When the weather changes, you don't have to stop running or exercising outside but you should try to acclimate yourself to the changes by dressing for it. When the weather turns cold, you should wear several layers of clothes. For example, you can wear sweat pants over tights and leg warmers around your ankles. For your upper body, one or two T-shirts can be worn under a sweat shirt and a warm but loose fitting jacket if needed. Gloves, ear muffs or a hat will keep your body heat from escaping. You may be surprised just how warm you'll be on some of this winter's coldest days if you dress properly.

There will be some days when the weather will be too frigid to walk. Use your better judgment and forego your outdoor workouts at an indoor track. Indoor tracks are good but they can cause problems with your ankles and knee joints. When you walk or run on an indoor track, your ankles have to adapt to the change in the surface and the sharp curves. This can put a strain on your joints and muscle in your legs. When choosing an indoor track, choose one that has a wooden base. It should also have banked turns. You should make wide turns and reverse your walking direction every 10 minutes. These tips will help take the strain off your ankle and knee joint.

Other alternative workout on frigid days include swimming, aerobic dance, step aerobics, stair climbing, riding a stationary bike, walking on a treadmill and rowing.

If you're going to walk outside you should wear sunglasses. Everybody needs sunglasses, and not just in the summertime. Exposure to ultraviolet light over the years can damage the lenses of the eye. Make sure the sunglasses you use provide UVA and UVB protection.

So, what are you waiting for? Start walking your way to a healthier, happier lifestyle.

Staying healthy with Vince and Yolanda

I lost 60 pounds since last November. Now that I've reached my goal I want to know how to keep it off.

Lori Penrose Park

Lori, first of all congratulations. What you eat from here on will play a major role in how much weight you're able to keep off. Exercising now on a regular schedule is even more crucial. For most people exercise is the most inconsistent variable when it comes to keeping off weight. So exercise for at least 30 to 45 minutes 4-6 times per week. This should include aerobic training as well as weight training.

Nutritionally you should keep your consumption of fat below 20 percent a day. Throw out the table salt and use herbs or fresh vegetables to season your food. Plan your meals and learn to handle stress without using food as a

pacifier.

Take pictures of your new body and tape them inside your refrigerator or food cabinets so you can see how great you look. When you stock your cabinets make sure you have tasty but healthy snacks like air popped popcorn, low-fat frozen yogurt and fruited herbal tea.

Are older people doomed to lose their strength and get weak. And is lifting weights dangerous for older people?

Larry Phila, PA

Recent studies show that strength and muscle loss have to do with the fact that most people become less active as they get older.

Several studies suggest that resistance training exercises help maintain and

in some cases increase muscle strength as we get older. When muscle biopsies of men over 50 who lifted weights were compared to 20 year old men, the biopsies looked the same. When biopsies of older men who did not exercise were compared with those of the same 20 year old men, their biopsies showed typical age related changes.

For older but wiser beginners changes in strength and stamina can be seen within three weeks after starting a training program. So what are you waiting for. Use it or lose it!

Although modern technology has made daily life less physically demanding, doctors are seeing more people who complain of fatigue. Why are so many people suffering from fatigue?

(Continued on page 8)

HB KIDS

Safety for children during the holidays

With the onset of the holiday season, nothing will make your child happier than receiving a toy or game. But there are hidden dangers with certain toys that parents should be aware of.

A child can choke on a small object such as a marble, ribbon, toy part or balloon. Injuries can also result when a small toy or toy part becomes lodged within a child's tiny ear or nose.

"In situations where patients may think

that their child has swallowed a foreign object or aspirated it into the airway, the best thing to do is to get them to a hospital immediately, especially since children may not always tell the truth about these things," said Mary LeBoeuff, RN, clinical nurse specialist for the pediatric cardiovascular surgery division at Children's Hospital of New Jersey, at unit of United Hospitals Medical Center in Newark.

Most recently, a nine year old boy, complaining of chest pains, had admitted that he

swallowed a safety pin just the day before. "X-rays showed that the safety pin had become corroded in the child's airway and that his trachea had closed considerably," said LeBoeuff.

"Upon removal of the pin during surgery, it broke in half. It was evident that the pin had been inside his trachea a lot longer than the child had indicated."

Remember to take a second look at all toys to ensure that they are appropriate for your

child. It is also a good idea to read the labels of toys, because age recommendations continue to change.

If you are not sure about a toy's safety, call the manufacturer to find out if there are new safety recommendations. For more information please contact United Hospitals Medical Center/Children's Hospital of New Jersey at (201) 268-8760 or in case of emergency call (201) 268-8113.

Don't get your children caught up in the Christmas rush

For newly divorced parents, the addition of separate family activities gives new meaning to the phrase, "Christmas rush."

"The changes a family experiences after divorce are intensified during the holidays," said Dr. Nancy Warren, a psychologist at Baylor College of Medicine in Houston. "If parents plan ahead, the children's holidays will be more comfortable and less hectic."

Warren urges parents to talk to their former spouse early in December to clear up any questions about holiday plans.

"Clarifying these issues gives both parties a chance to let their emotions cool before talking to the children," said Warren, who directs Baylor's Family Transition Program.

"If plans are unsettled, children feel caught in the middle."

She suggests that parents try to spread out the different activities. "If all the relatives have to be visited on the 24th and 25th, the kids end up feeling rushed, tired, and pulled between their two parents' families," Warren said.

Many newly divorced parents feel the urge to erase every reminder of the past relationship. However, three to five years later parents often feel they went overboard and regret the loss of family connections, relationships and support systems for their children. In addition, eradicating family holiday traditions often increases the feeling of change.

"For small children, maintaining traditions brings comfort. It also helps to poll the family about favorite traditions and then perhaps add a new one."

For parents whose children will be away for an extended time at the holidays, Warren suggests spending special time before they leave.

"Parents often make the mistake of doing things 'for' their children rather than 'with' their children. Simple activities like baking cookies or watching a holiday video together can be the most memorable."

The time the children are away will be the

hardest.

"If you feel you are going to be miserable, work hard to make plans of your own. Your child needs to feel free to have a relationship with both parents without feeling it will hurt the one who is left out."

While the children are with the other parent, Warren suggests teaming up with people in similar circumstances or making plans with extended family.

"Finding activities that give you a sense of network and support will help ease the feelings of loss," Warren said.

Booklet offers tips for kids flying alone

The first time a child flies alone can generate excitement for the youngster but anxious moments for mom or dad — unless everyone knows how to prepare and what to expect, says the American Automobile Association.

A colorful new brochure from AAA, "Flying Alone": Handy advice for kids traveling solo," offers facts to help grown-ups relax while preparing their junior jet setters for an exciting adventure.

"The brochure takes a light-hearted look at an important topic — helping parents prepare children for that first solo airplane trip," said Graeme Clarke, AAA vice president of Travel, Marketing and Financial Services. "Flying Alone offers suggestions on making reservations, packing, dressing and other items of interest to parents of young travelers."

Parents will find it reassuring to know, for example, that the airline will care for the child even if the flight is rerouted because of unforeseen circumstances, such as bad weather.

The travel agent or airline should be informed in advance that the ticket holder will be an unaccompanied minor. This is also the time to discuss special needs, such as a kid's meal or wheelchair.

The brochure suggests youngsters bring a carry-on bag or jacket with big pockets to hold the ticket, snacks, books and quiet games. Layers of comfortable clothing are also recommended to accommodate different cabin temperatures.

In addition to providing travel tips for youngsters, Flying Alone has advice for teenagers, including not leaving the airport in search of food or lodging if the flight is delayed. The airline will make these arrangements.

Flying Alone is available free from many

AAA offices in the United States and Canada or by sending a stamped, self-addressed, legal-size envelope to: Flying Alone, Mail Stop 800, 1000 AAA Drive, Heathrow, FL 32746-5063.



McDonald's restaurant owners of New Jersey display commitment to education at New Jersey Education Association Convention. (Pictured) McDonald's restaurant owner Anna Madan Russo from Newark, New Jersey and Ronald McDonald were delighted to meet little Victoria Mushinske of Highland Park at the recent NJEA annual convention. The event attracted more than 50,000 teachers from throughout the state. Visitors to the McDonald's booth received educational materials created by the corporation for students of all age levels.

Children can be helpful during holiday preparations

Pitching in and helping with the holiday baking makes most children feel like they are part of the festivities, says a nutritionist at the USDA's Children's Nutrition Research Center.

"Cooking together is a great parent/child activity, and with a bit of organization, even the littlest baker can participate," said Corinne Montandon, an assistant professor of pediatrics at Baylor College of Medicine.

Before children arrive, assemble all the ingredients and implements you will need.

"It is important to set realistic limits and assign age appropriate tasks," Montandon said.

Children ages 9 to 12 can prepare easy-to-follow recipes, roll out dough for cookies or pie crust, chop fruits for muffins, and grate vegeta-

bles for quick breads.

Children ages 5 to 8 can wash fruits and vegetables, stir ingredients and cut out cookies with a cookie cutter. Toddlers can pour ingredients into a bowl. Of course, everyone can help decorate cookies.

Montandon reminds parents to make sure children wash their hands before and after every step in the food preparation process.

She also notes that most young children have short attention spans. When a recipe yields dozens of cookies or muffins, use only half and chill the rest of the dough until later.

Montandon suggests using the kitchen table as a cookie decorating center. Make sure each child has easy access to small cups filled

(Continued on page 7)

Diabetic? Know the facts about your feet

by Dr. James L. Phillips



About 60,000 people a year have foot or leg amputations due to poor circulation, changes in the nerves, cuts and punctures, and infections, all of which can be avoided through proper foot care.

African Americans are especially at risk for developing type II diabetes, also known as adult onset diabetes, or non-insulin dependent diabetes.

Diabetic-related foot problems usually occur in people over 40 or in people who have had diabetes for more than 10 years.

Diabetics are prone to foot infections because they often have decreased circulation which also slows healing. They may suffer from nerve damage that numbs the feet, making them insensitive to heat, cold or pain. A diabetic may not feel a cut or bruise and may be unaware of infection.

Also, diabetics are sometimes more susceptible to infections when their blood sugar is high. That's why it is important for diabetics to take control of their condition and follow their doctor's advice.

All of this makes proper foot care crucial. The American Diabetes Association recommends that you:

Inspect your feet each night. Look for blisters, cracks, cuts, scrapes and puncture

wounds, ingrown toe-nails, and funguses such as athlete's foot. All can allow germs to enter the feet.

Look for changes in foot shape. Infections are often accompanied by swelling. Watch for skin color change or a bad odor which could be a sign of infection or change in blood circulation.

Feel the foot. Infected feet may feel firm or hard, and may be painful to touch. If it is rough, thick or shiny, pay special attention. Do not treat corns or calluses with a razor, cutting tool or do-it-yourself corn cures or adhesive plasters. Cut toenails straight across and not too close to the skin. Do not cut into the corners.

Never go barefoot. If at the beach, wear sunscreen on the feet. Wear shoes or slippers whenever possible, including thongs in public bathing facilities. Buy comfortable shoes with good support and toe-room, and break them in slowly. Properly fitted shoes are essential. Also, wear socks or stockings at all times—avoid nylon, and change them daily. Socks with seams should be worn inside-out to avoid rubbing.

To aid circulation: Avoid crossing your knees when sitting, since this cuts off circulation. Keep your feet warm because cold contracts blood vessels. Don't bathe in cold water. Check bath temperature with hands, not the feet. Do not smoke or use tobacco and exercise regularly.

If you notice signs of infection see your

doctor. Prompt attention could mean the difference between antibiotic therapy and hospitalization or even surgery.

Research of diabetic foot complications is on-going at medical centers around the country. One project at Baylor College of Medicine in Houston, for example, part of a 50-

center study, is testing an experiment drug, acetyl-L-carnitine, to reverse nerve damage.

While such studies may someday offer hope for serious foot complications, the best medicine is still prevention.

Know the facts about your feet.

What you should know about your child's tonsils and adenoids

Does your child have a sore throat? Is there a white or yellow coating covering the tonsils? Is your child breathing through the mouth instead of his nose most of the time? Does your child snore at night?

These symptoms could be more than a sore throat or cold. They could be a symptom of tonsillitis or enlarged adenoids. The tonsils are oval or almond-shaped pink masses of tissue on both sides of the throat. In some children, they are quite small. In others, tonsils are quite large without being abnormal.

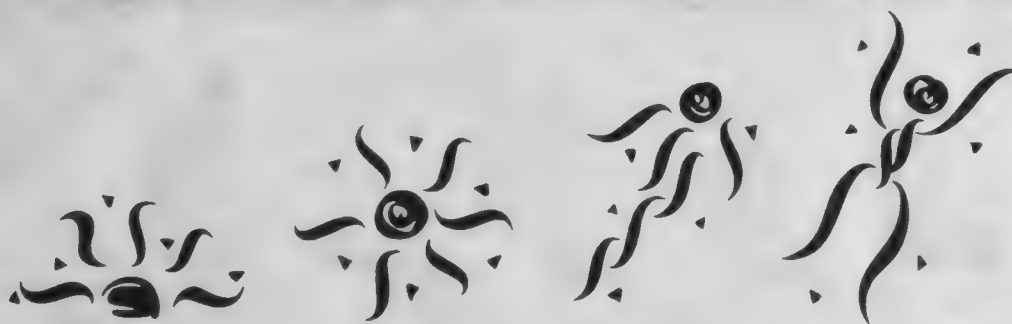
The adenoids, similar to the tonsils, are clusters of tissue that look like tiny grapes. They are located above the tonsils, in the upper part of the throat, behind the nose. Both the tonsils and adenoids make antibodies to help fight infections.

"If your child is ill with sudden swelling of the tonsils, it is wise to contact your pediatrician and get a throat culture to find out if your child has strep infection," said Ki Han, M.D., Ear Nose and Throat Department of United

Hospitals Medical Center. "In many children, tonsils or adenoids are enlarged over time without obvious infection. Often they gradually shrink without treatment."

If a child's tonsils or adenoid swelling makes normal breathing difficult, swallowing a problem, breathing uncomfortable or speech distorted, then surgery may be recommended to remove them. Surgery is also seen as an option when a child has many severe sore throats each year, especially if they are caused by strep infection or if there are signs of serious illness; a child's lymph nodes beneath the lower jaw are swollen or tender for at least six months, even with antibiotic treatment; or if a child has repeated ear infections despite treatment with medications.

If you are concerned about your child's tonsils or adenoids, contact a pediatrician. United Hospitals Children's Hospital has physicians in many specialties. For more information, please contact the Children's Hospital at 201-268-8760.



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HB HEALTH

Depression, effective treatments are available

Depressive illnesses are serious but treatable disorders. Depressive illnesses are more than temporary "blue" moods or periods of grief after a loss. Symptoms of depression affect thoughts, feelings, body, and behaviors.

Without treatment, the symptoms can last for months, years, or a lifetime.

Depressive illnesses come in various forms

- Some depressive episodes occur suddenly for no apparent reason.
- Some are triggered by a stressful experience.
- Some people have one episode in a lifetime; others, recurrent episodes.
- Some people's symptoms are so severe they are unable to function as usual.
- Others have ongoing, chronic symptoms that do not interfere with functioning, but keep them from feeling really well.
- Some people have bipolar disorder (also called manic-depressive illness). They experience cycles of terrible "lows" and inappropriate "highs."
- Over 15 million Americans suffer from depressive illnesses.

Depressive illnesses take a staggering toll. They cause great pain to millions of people. The lives of families and friends are affected and often seriously disrupted. It hurts the economy, costing an estimated \$30 billion in 1990.

Many do not recognize their illness. Nearly two thirds of depressed people do not get appropriate treatment because their symptoms:

- Are not recognized.
- Are blamed on personal weakness.

- Are so disabling that people cannot reach out for help.
- Are misdiagnosed and wrongly treated.

Most people can be helped quickly

With available treatment, 80 percent of the people with serious depression—even those with the most severe forms—can improve significantly. Symptoms can be relieved, usually in a matter of weeks.

There are effective medications and psychological treatments that often are used in combination. In severe depression, medication is usually required.

A number of short-term talk therapies to treat clinical depression have been developed in recent years.

Several types of medications are available, none of them habit-forming. People with severe depression respond more rapidly and more consistently to medication. Those with recurring depression, including bipolar disorder, may need to stay on medication to prevent or lessen further episodes.

Many patients need psychotherapy (talk therapy) to deal with the psychological or interpersonal problems often associated with their illness.

Other biological treatments can be helpful. For example, electroconvulsive treatment (ECT) may be a very effective treatment for the most severe depressions. Research is also being done on the use of

light for the treatment of depression.

Early intervention may lessen severity of symptoms and shorten the episode.

Individuals respond differently to treatment. If after several weeks symptoms have not improved, the treatment plan should be re-evaluated.

Costs of depression can be reduced

When diagnosed early in the course of illness, depressed people usually can be treated on an outpatient basis and improve productivity, avoid lost work time, and reduce high costs for:

- Prolonged treatment,
- Hospitalization,
- Treatment of other physical and mental disorders resulting from untreated depression.
- Symptoms of depression can include:
 - Persistent sad or "empty" mood
 - Difficulty concentrating, or remembering
 - Loss of interest or pleasure in ordinary activities, including sex
 - Feelings of guilt, worthlessness, or helplessness
 - Decreased energy, fatigue, being "slowed down"
 - Thoughts of death or suicide; suicide attempts
 - Sleep disturbances (insomnia, early-morning waking, or oversleeping)
 - Irritability
 - Excessive crying

- Eating disturbances (loss of appetite and weight, or weight gain)
- Chronic aches and pains that don't respond to treatment

Symptoms of mania can include

- Excessively "high" mood
- Irritability
- Decreased need for sleep
- Increased energy and activity
- Increased talking, moving, and sexual activity
- Racing thoughts
- Disturbed ability to make decisions
- Grandiose notion
- Being easily distracted

In the work place, symptoms of depression often may be recognized by

- Decreased productivity
- Morale problems
- Lack of cooperation
- Safety problems, accidents
- Absenteeism
- Frequent complaints of being tired all the time
- Complaints of unexplained aches and pains
- Alcohol and drug abuse
- Get an accurate diagnosis

A thorough diagnosis is needed if five or more of the symptoms of depression or mania persist for more than two weeks, or are interfering with work or family life. A good diagnosis involves a complete physical checkup and family history of health problems.

Consider the deadly cost of drinking and driving

by Dr. Alexander J. Walt

Like most people, you probably think that alcohol-related traffic accidents only happen to other people—not to you or your loved ones. Therefore, you may be surprised to learn that the National Highway Traffic Safety Administration (NHTSA) estimates that approximately two out of every five Americans will be involved in an alcohol-related crash at some time in their lives. It is also estimated that 2.75 million drunk driving crashes each year victimize 1.64 million innocent people who are injured or have their vehicles damaged. These are staggering revelations about a dangerous practice—drinking and driving.



NHTSA defines a fatal traffic crash as being alcohol-related if either a driver or a non-occupant (for example, a pedestrian) has a blood alcohol concentration (BAC) of 0.01 grams per deciliter (g/dl) or greater in a police-reported traffic accident.

According to data released by NHTSA, human losses associated with alcohol-related traffic accidents remain almost constant. An estimated 17,400 persons died in 1993 in alcohol-related traffic crashes, an average of one victim every 30 minutes. This alarming number of preventable deaths accounted for 43.5 percent of the total traffic fatalities in 1993.

But the human toll of drinking and driving doesn't limit itself only to the passengers or drivers of cars on the highway. According to NHTSA, motorcycle operators involved in fatal crashes in 1992 had higher intoxication rates, with

a blood BAC of 0.10 grams per deciliter or greater, more than any other type of motor vehicle driver.

Besides these devastating losses in human terms, drunk driving has a huge impact on society in terms of financing. Mothers Against Drunk Driving (MADD) estimates that direct costs of alcohol-related accidents are more than \$46 billion yearly. The organization also notes that each year an additional \$102 billion is lost because of the reduced quality of life of accident victims.



Overall, MADD estimates that the cost for each injured victim of an alcohol-related crash averaged \$68,000 in 1993, of which \$14,000 represented health care costs and lost productivity. In simpler terms, alcohol-related crashes cost society \$1.09 per drink or \$2.40 per ounce of alcohol consumed.

Unfortunately, drinking and driving becomes more prevalent during the holiday season, when the greatest number of people become victims of this dangerous practice. In fact, approximately 111 of the 155 traffic

fatalities on New Year's Day 1993 (71.5 percent) were alcohol related. During the Christmas season of 1993/1994, 219 of the 401 people who died in traffic crashes (54.6 percent) were involved in alcohol related accidents.

Drunk driving accidents are not discriminatory. They take the lives of many innocent people who are simply in the wrong place at the wrong time. Therefore, it is important that we all work to avoid such incidents by being responsible and using common sense.

How can you help achieve this goal? Make a pledge to yourself that you will never get behind the wheel of an automobile after you have had a drink.

Calling a cab is a much better and ultimately less expensive alternative to endangering your own life and those of others. When going out in a group to a party or function where you know alcohol will be served, designate at least one person who will remain sober to drive the others home at the end of the evening. If a friend or family member has had too much to drink at a get-together you have hosted, yet he or she intends to drive home, take that person's keys. Call them a cab, or allow them to bunk in for the night. In the end, we will all be better off.

Dr. Walt is president of the American College of Surgeons

Lower your chances of an asthma attack

by Vince & Yolanda

"My daughter has asthma and wants to get into an exercise program to lose weight. What is asthma? What can she do that won't cause her to have an asthma?"

Robert Conshohocken, Pa.

Asthma is estimated to effect 1 in 10 people. Unless you have asthma or a disease that affects your lungs, it will be hard to understand how it feels to struggle to breathe.

Many asthma sufferers don't know what happens to them when they have an attack. This can cause anxiety and sometimes aggravate the attack.

During an asthma attack the asthmatic will feel a tightening in the chest, begin to wheeze, cough and find it difficult to breathe. This situation can be frightening. The attack and symptoms can be severe or quite mild. The frequency of attacks can also vary.

What causes a person to have an asthma attack? In many asthmatic persons, allergic reactions cause over sensitivity in their bronchi-

Enjoying the holidays without discomfort

For people who suffer from indigestion during the holidays, relief is spelled m-o-d-a-r-a-t-i-o-n.

The holidays are a common time for people to get indigestion but you can avoid ruining the festivities by being careful about how, when and what you eat.

According to Dr. Alan Buchman, assistant professor of medicine at Baylor College of Medicine in Houston, "Acid indigestion or heartburn is often caused by a back flow of stomach acid into the esophagus, a long tube connecting the throat and stomach."

Indigestion can usually be avoided by not eating late night meals, eating at a casual pace, and cutting back on certain foods.

"If you eat holiday leftovers late at night, the esophagus cannot clear out the acid before you go to sleep," Buchman said. "When you lie down flat, there is no gravity to help the esophagus force out the acid."

Holiday revelers should keep fatty foods to a minimum, says Buchman, because they may increase the risk of heartburn.

"The fat in creamy sauces and other foods can cause acid build-up," Buchman said.

Heartburn signs to watch for may include

a burning sensation in the chest or throat, nausea, coughing while eating, and difficult or painful swallowing.

Antacids usually relieve heartburn symptoms, but if they are taken regularly, they can cause constipation or diarrhea.

"Don't put off seeing a doctor if the pain becomes severe. If the pain is continuous, more pressure than burning or the pain radiates to jaw or arm, seek medical help immediately. You could have ulcers, gallstones, or a heart attack."

For a heartburn-free holiday, Buchman recommends the following:

Eat small meals.

Avoid or cut back on caffeine-containing products like cola, coffee, tea, and chocolate, mints, aspirin, cigarettes and alcoholic beverages.

Refrain from wearing tight belts or other restrictive clothing.

Do not bend over immediately after eating.

Wait at least one hour before lying down after eating.

"It's unrealistic to stay away from rich foods during the holidays, but use common sense and don't overdo it."

Children can be helpful

(Continued from page 4)

with colored icings, raisins, pieces of marshmallows or dried fruits, sprinkles, miniature marshmallows and other decorative goodies.

To cut down on the mess, place a small plastic tablecloth under the chair where a child is working.

But, keep in mind, that the kitchen cleanup can be part of the "fun."

Children can help wash dishes, wipe off cabinet tops and sweep the floor. Montandon

believes it is important for children to experience all the steps involved in cooking.

"Food is a special part of the holidays, whether you intend to trim the tree with gingerbread men, provide treats for your child's holiday party at school, or fill the cookie jar at home," she said.

Just remember, the final product might not be a culinary masterpiece, but it will sweeten holiday memories.

HEALTH BRIEFS

(Continued from page 3)

health to increased accidents and risk of death. Sleep loss accumulates from one night to the next, and at some point the debt has to be paid. It is possible to catch up on sleep, but it should be done slowly. If you go a few nights with only five hours of sleep and then sleep 12 hours on a weekend night, you'll wake up feeling lousy. That lousy feeling is called sleep inertia or sleep drunkenness.

Asthma can be a problem for all ages

Asthma can strike people of all ages, not just children. Asthma affects nearly one of 10 people older than 18, especially minority adolescents and young adults who are three times more likely to die from the disease than whites. Even though asthma attacks usually grow less severe with age adults are "set in their ways" when it comes to managing asthma. Adults are used to a certain lifestyle and do not want to adjust it by exercising or taking medication. They feel they can just go on with their lives but discover they have some limits.

Stress-free tips for women during the holidays

Remembering that "less is more" can help put the "Happy" in "Happy Holidays." There is so much pressure, especially on women, during the holiday season. When added to job and family responsibilities, the holidays can become daunting. To help make the holidays less hectic: Alternate years for favorite holiday projects, such as giving a party one year and doing extra baking the next. Relaxing about decorating: Is it a home or a showpiece? Involving the family in shopping, decorating and baking. Shop by catalog or give gift certificates. Use frozen pies or slice-and-bake cookies.

How to keep your New Year's resolutions

Thinking about New Year's resolutions? Get a notebook. Resolutions are easier with a plan, said Dr. Francis Pirozzolo of Baylor College of Medicine in Houston. And that's where the notebook comes in. First, give careful thought to your goal. If it's losing weight, how much in how much time? If it's quitting smoking, by what date? Be specific, and write it down. Second, set realistic, attainable goals. Losing 10 pounds or quitting smoking in a day won't work. Third, keep a written record. If you eat candy or light up, record it along with your emotional state at the time, who you were with and the setting. Look for patterns. Fourth, focus on successes rather than failures. If you eat a cookie or smoke more than planned, consider it a reminder to strengthen your resolution.

Avoiding diarrhea on a winter tropical trip

Anyone who saved for a tropical vacation will not be amused by traveler's diarrhea. But help is available. "I suggest that tropical travelers take Pepto Bismol," said Dr. James H. Runnels of Baylor College of Medicine in Houston. He recommends two tablets four times daily for as long as three weeks to reduce the chances of diarrhea. If the Pepto Bismol fails to prevent diarrhea, antibiotics and antidiarrheals may help, but this regimen is only for common diarrhea. "If something more severe develops, a physician should be consulted immediately," Runnels said. "Severe symptoms would include fever, yellow skin or eyes, vomiting, significant nausea or passing blood."

Helping stepchildren cope during the holidays

Holiday planning can be stressful for stepparents because of their expectations for their children. "The holidays stir up old feelings that have not been resolved. Many stepchildren are still upset over their parents' divorce and have not adjusted to their new family. To help resettle the nest in time for the holidays: Hold a family planning meeting. Assign duties evenly among the children, and be sure the older children are included. Create new family traditions. Rituals become shared experiences that can help solidify the family. Consider alternating holiday visits from year to year.

Beware of holiday hazards

Dry Christmas trees, faulty tree lights and mistletoe can make the holiday season dangerous. Faulty electrical wiring and outlets can burn trees by setting off sparks. The base of the tree should be watered regularly. Twinkling tree lights can attract toddlers who do not realize the lights should not be put in their mouths. Parents should be careful with mistletoe; if eaten, it can cause serious reactions such as heart failure. Holly berries are also poisonous, but, though fatal in rare instances, they usually cause only an upset stomach. Poinsettias also can cause an upset stomach.

Do not drink and shop

Here's a combination to avoid: drinking and shopping. Drinking alcohol can lead to impulse shopping. If you have a few drinks at a party, go home, not to the mall. To avoid impulse buying and overspending on gifts, make a list, allow a certain amount of time for shopping and shop in advance. You might also want to leave your credit cards at home. Spending cash makes the purchases seem more "real" than using plastic.

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Your sinuses: Where are they and what do they do

"Sinus" is an anatomical name for a space or a cavity. The medical term for the spaces we commonly refer to as our sinuses is "paranasal sinuses," meaning they surround the nose. Thus, our sinuses are spaces in the bones of the face and head, around the nose and eyes, that surround and connect the nasal cavities.

Sinuses have six main functions: lighten the weight of the skull; act as chambers to resonate the voice; warm the air we breathe; humidify the air as we breathe it; protect the interior of the skull from injury; and act as insulators to keep the base of the brain, which is very near the inside of the nose, warm.

Rhinitis is a simple disorder of the nose in

which an inflammation of the lining of the nose occurs and symptoms such as runny nose, sneezing, congestion and drainage result. Sinusitis is any inflammation of the sinuses, often caused by an infection. A variety of organisms, allergens (environmental, seasonal and occupational) and irritants, such as foods and animals, can cause both rhinitis and sinusitis. The most common causes of sinusitis are the same organisms that cause the common cold; however, sinusitis can be much more serious.

A sinus infection sits in a bone of the skull

and, if not treated, can extend to other areas including the eye, brain, ears and adjacent bones. Thus, people suffering from sinus headaches often feel intense pressure in these areas.

The serious complications of sinusitis include brain abscess, meningitis, infection of the skin and tissue around the eye, infection of the bone surrounding the sinus, development of chronic bronchial infections and significant aggravation of bronchial asthma.

Take the T.E.S.T. and breathe easier

Most people don't realize that sinus congestion, if left untreated, can lead to more serious problems, especially during the fall and winter months, says Dr. Rebecca Bascom of the American Lung Association.

Many people dismiss symptoms such as sinus headaches and nasal congestion, assuming they will just go away. Sinusitis currently ranks as the nation's number-one chronic condition, affecting over 33 million people in the United States. In all, 72 million Americans suffer from some type of nasal and sinus congestion, sinusitis and allergies. With complications ranging from bone and tissue infections to meningitis, it is time for all Americans to learn how to manage their upper respiratory health.

The T.E.S.T. and the free "Breathe Easier" brochure, which are part of a public information campaign from the American Lung Association and the makers of Tavist, are now available to consumers. The brochure features educational information about sinuses, including where they are and what they do, and useful information to help people manage their sinus health. The package includes valuable coupons and will be available to consumers who call toll-free, 1-800-828-4783 (TAVIST-D), and through their local Lung Association chapter office.

Staying healthy

(Continued from page 3)

up toward evening.

Possible physical causes include poor eating and sleeping habits, an imbalance in electrolytes, anemia, lingering cold or flu symptoms, underlying infectious diseases and endocrine or neurologic disorders.

Possible emotional causes include burnout, boredom, major changes in life such as divorce or unemployment and depression.

Some tips that can help increase your energy level whether the cause is physical or emotional include eating a healthy diet, making sure you get enough rest and sleep, changing your routine so that you add something interesting to your day and doing exercise. Exercise acts as an energizer when you feel sluggish and a tranquilizer if you're weary or anxious.

I recently saw a report that stated that American teenage girls are drinking too many sodas and not eating enough calcium rich foods. Can you explain why this can cause problems?

**Mark
South Phila., PA**

Many people don't realize that osteoporosis is a disease that you need to start guarding against during those early teenage years. This is true for both men and women. Calcium helps to build bones that are strong and hard. From ages 11-18 bones grow quickly. From ages 19-24 they increase in density.

Calcium is the most abundant mineral in the body. Ninety-nine percent of the calcium in your body is found in your bones. Though it's true that calcium plays a crucial role in building strong bones and teeth, it has many important functions.

Calcium helps to regulate your heartbeat, your nervous system, blood clotting action, and prevents too much acid or alkali from accumulating in the blood. Calcium also helps the body utilize iron and aids in muscle contraction and relaxation.

A calcium deficiency can lead to cramps, joint pain, irregular heartbeat, insomnia, tooth loss and bone ailments. High levels of phosphorous found in soda rob the body of calcium.

To sustain and maintain growth you need about 1200 mgs per day. Most teenagers don't get half this requirement. This need cannot be made up for later in life. Though osteoporosis doesn't become evident until after age 35 the ground work for this deterioration has been laid early in life if the need for calcium is not met.

Low fat dairy products are a good source of calcium. One cup of milk or yogurt will provide 300 mgs of calcium. For dessert serve up some a low fat, frozen yogurt shake made with low fat milk instead of chocolate cake.



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Prostate cancer prevention trial will recruit 18,000 men

The first large-scale prevention trial for prostate cancer has started at 222 sites across the United States. The Prostate Cancer Prevention Trial (PCPT), an inter-group study designed to test whether taking the drug Finasteride will prevent prostate cancer, is being coordinated by the Southwest Oncology Group (SWOG) and is sponsored by the U.S. National Cancer Institute (NCI). Eighteen thousand men age 55 and older will participate.

"We are embarking on a very important prevention effort: The Prostate Cancer Prevention Trial," said NCI Director Samuel Broder, M.D. "In 1993, there will be about 165,000 new cases of prostate cancer, and about 35,000 deaths. Prevention of cancer is our highest goal, and the need for effective prevention strategies is clear." NCI is providing approximately \$60 million to conduct the trial.

The U.S. Food and Drug Administration (FDA) approved finasteride in 1992 for the treatment of benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate gland. Because BPH and prostate cancer are influenced by similar hormonal factors, researchers believe that finasteride may also prevent cancer. More than half a million men in 25 countries are currently taking finasteride for BPH, but the drug has never before been tested for cancer prevention.

"We believe finasteride is a very promising agent that could prove to be of great value in heading off prostate cancer," said Charles A. Coltman, Jr., M.D., chairman of SWOG. "But the theory is still untested, and only a large-scale, controlled clinical trial of finasteride can show whether the drug is truly effective for cancer prevention."

Coltman also noted that the SWOG will

be collaborating with two other NCI-sponsored cooperative groups, the Eastern Cooperative Oncology Group (ECOG) and the Cancer and Leukemia Group B (CALGB) in recruiting men to the trial.

A minimum age limit of 55 was selected because older men are at highest risk of developing prostate cancer. About 98 percent of prostate cancers are diagnosed in men age 55 or older.

The 18,000 men in the trial are divided randomly into two groups. Half will be taking one five-milligram tablet of finasteride per day for seven years, and the other half will take a placebo (an inactive pill that looks like finasteride). The two groups will then be compared to determine whether their prostate cancer rates differ. The company that manufactures finasteride (trade name Proscar), Merck and Co., Inc., of Whitehouse Station, N.J., will provide both the finasteride and the placebo without charge.

Neither the participants nor the study physicians will know which men are getting finasteride and which men are getting placebo. This trial design, called "double-blinding," permits the researchers to see the possible benefits and side effects of finasteride without being influenced by other factors, such as the expectations of participants or researchers.

Finasteride controls BPH by reducing levels of the hormone dihydrotestosterone (DHT) in the prostate. The drug works by blocking the activity of an enzyme that converts testosterone, the primary male hormone, to DHT.

To evaluate whether finasteride prevents prostate

cancer, the PCPT researchers will compare the prevalence of the disease in the finasteride and placebo groups after all men have been on the trial for seven years. They will also compare the two groups of participants in terms of stage and grade of prostate cancer, incidence and severity of BPH, deaths from prostate cancer, and overall deaths. All men in the trial will have a prostate biopsy at the end of seven years to determine whether they have developed prostate cancer. In addition, the researchers will use participants' self-reports to assess the effects of the drug on men's sexual and urinary functioning and other quality-of-life measures.

"There's no guarantee that a man who enrolls in the trial won't develop prostate cancer," Thompson cautioned. "But all men in the study, whether they get finasteride or a placebo, will have the opportunity for close follow-up for the detection of prostate cancer."

One of the main advantages of using finasteride in a prevention trial is that the drug works only in the prostate, and its side effects are relatively rare and relatively mild. In previous clinical trials performed by Merck, small numbers of men in both the finasteride and placebo groups had sexual complaints. Impotence (difficulty achieving an erection), decreased sexual desire, and decreased ejaculatory volume were all observed slightly more frequently in men taking finasteride than in men taking a placebo. But none of these side effects was reported by more than 5 percent of

men in either group. In addition, a recent study suggests that these problems frequently diminish over time in men who continue to take the drug.

Prostate cancer among African-American men is a particular concern to NCI. The death rate from the disease among African-American men is twice as high as the rate for white men.

"For reasons not currently understood, African-American men have the highest prostate cancer mortality rate in the world," Broder said. The higher death rate among black men may be partly due to the fact that blacks tend to be diagnosed with prostate cancer at later stages than whites.

Because prostate cancer is a serious problem for African-Americans, the PCPT researchers stress the importance of obtaining a representative sample of the entire U.S. male population.

"Ideally, we'd like to recruit men from all racial and ethnic groups—African Americans, whites, Native Americans, Hispanics, Asian-Americans—roughly in proportion to their risk of developing the disease," said Otis Brawley, M.D., of NCI's Community Oncology and Rehabilitation Branch, and the NCI official responsible for the PCPT. "The better the representation we have from all these groups, the more confident we can be in applying the results of the trial to the population at large."

Both DRE and PSA tests are commonly used to help detect prostate cancer.

Lower your chances

(Continued from page 7)

al tubes. The muscles in the bronchial walls will contract, the membrane lining the tubes will swell and the glands in the bronchial wall will produce mucus. As a result of it, the bronchial tubes become narrower causing an asthmatic to have a hard time breathing.

There are no cures for asthma. In the past few years scientists have been able to identify genetic markers that may someday lead to a cure for asthma. What doctors do now is treat the symptoms and try to get the asthmatic to prevent attacks and lessen the severity.

There are a number of things you can do to lessen or prevent asthma attacks. You should avoid those things that irritate the lungs.

Many asthmatics can workout. In many cases exercise will improve lung function and decrease the severity and frequency of attacks. Because an attack can be brought on by strenuous exercise, it is important to warm up slowly and increase a level of exertion which is not stressful for the asthmatic. One of the problems with overexertion is due to the fact that asthmatics can't deliver enough oxygen to the blood to perform above a certain level. This level is different for each person. It can also increase as the person becomes more conditioned. If exercise brings on an attack your daughter may avoid it by taking her medication before she exercises.

To start her program she should do something noncompetitive such as walking, low impact aerobics, or cycling. Swimming can be beneficial if the water is not too cold and she's not allergic to the chlorine. She can also do toning exercises. Drinking water during a workout helps reduce the thickness of the mucous which will help ease breathing. It is extremely important to warm up slowly and cool down gradually. Also, avoid exercising if it's too cold, damp, or smoggy and when extremely tired emotionally upset.



THEIR DEATHS WERE A TRAGEDY BUT NOT A WASTE.

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HB DISCOVERY

Why do some people develop AIDS and some don't?

Can a little-discussed molecule, CD28, be a factor in why some HIV-positive people develop AIDS and others do not?

Dr. Dorothy Lewis, an associate professor of microbiology and immunology at Baylor College of Medicine in Houston, has observed a decrease in CD28 molecules in patients she has followed.

Lewis is studying CD28 and other factors that appear to be important in the immune system's response to HIV infection. She has measured the immune system's responses of long-term survivors of HIV-infection for several years. Some of them have been HIV-positive since the early 1980s. Lewis does not know if the decline in CD28 is unique to long-term survivors, people who progress to AIDS (progressors) or in both.

Lewis theorizes that loss of CD28 affects the function of important immune system cells called CD8 T cells.

"The role of CD8 cells in most viral infections is to 'clear' viral-infected cells.

It's possible that their role is the same for HIV," said Lewis. "It may be that in long-term survivors, that CD8 cells are more 'potent.' How CD28 may play a role is, unknown."

Lewis has observed that non-progressing HIV-positive people tend to have higher levels of CD8s than do progressors. Other national studies have also indicated that CD8 levels may be different in the two groups.

How or even if CD28 affects the abilities of CD8s to do their job is a question Lewis is exploring.

Lewis believes the answer to why some people develop AIDS and others seemingly do not, may be a combination of factors.

"For example, a study in Amsterdam found that long-term survivors had a different form of the virus. There are two main strains of HIV called syncytial and non-syncytial. The study observed that long-term survivors were less likely to have the syncytial form, which tends to build huge cells masses in HIV-infected cells. Non-syncytial virus does not cause this change."

Lewis suspects that CD8s, CD28, the syncytial-non-syncytial "link" and other unknown causes of strong immune response, may all enter into the formula for why some people's bodies are able to handle HIV infection.

Lewis hopes that understanding why some people progress to AIDS and others do not may contribute to a solution to the epidemic, and

being able to determine who will progress and who will not may be an important "quality of life" factor.

"There is a human side to science. It's sad and unavoidable that all of us must face death eventually. For HIV-positive people, it may help them emotionally to have more information about the likelihood of the disease progression."

Minorities enroll in medical school at record number

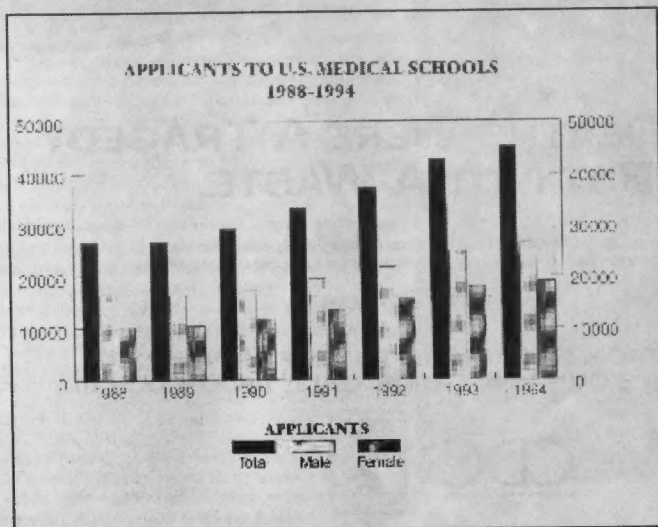
A little more than 45,000 people applied to enter the 126 U.S. medical school this fall, including a record 5,060 who are members of minority groups currently underrepresented in medicine (blacks, Mexican Americans, mainland Puerto Ricans, and American Indians/Alaskan Natives).

Enrollment of underrepresented minority students jumped 8.1 percent from 1993 and, for the first time in medical education history, topped 2,000 entrants to medical school this fall. These students comprise 12.4 percent of the 16,287 members of 1994 entering class. While the overall applicant pool increased by 6 percent, the number of applicants from underrepresented minorities increased at a greater rate, 7.3 percent.

"Medical education has reached a major milestone in its 25-year effort to increase the presence of underrepresented minorities in medicine," said AAMC President Jordan J.

Cohen, M.D. "Through educational programs and partnerships with local school systems, high schools and colleges, the nation's medical schools have succeeded in increasing the number of educationally prepared minority students interested in careers in the health sciences. These efforts are invigorated by Project 3000 by 2000, the AAMC's award-winning, national campaign to enroll 3,000 underrepresented minority students annually by the year 2000—a goal, I am confident, we will reach."

Detailed demographic information on the 1994 medical school applicant pool and entering class is available in the AAMC publication Facts: Applicants, Matriculants and Graduates, 1988-1994. Copies of the AAMC report Facts: Applicants, Matriculants and Graduates, 1988-1994, can be ordered by faxing a request to Betty Lou Atkins, AAMC Public Relations, (202) 828-1123.



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PULSE

Dr. Coram receives volunteer of the year award



Willie Mae Coram, Ph.D., of New Providence and Assistant Dean of Students and Alumni Affairs at UMDNJ Graduate School of Biomedical Sciences, was elected Secretary of the American Heart Association. Dr. Coram received the prestigious Volunteer of the Year Award, one of the highest honors the American Heart Association bestows upon a volunteer. Dr. Coram worked with CIBA-GEIGY Corporation for 25 years, where a large portion of her career was dedicated to research related to the biomedical sciences, particularly cardiovascular drug discovery. She has published numerous scientific articles and also serves as a consultant on state and federal scientific review committees.



The California Affiliate of the American Diabetes Association (ADA) recently honored community leaders at the annual Community Leaders Breakfast in Los Angeles. The event recognized local leaders for their outstanding support of the "Black Church Diabetes Education Program." Funded by Blue Cross of California, the grassroots campaign will coordinate efforts with 200 churches throughout Los Angeles to carry a message to African Americans about the prevalence of the disease within the community. Among the participants from left are: Steve Hartley, vice president of Field Services for the ADA's National Headquarters in Washington, D.C.; Blue Cross of California board member Dr. Betty Smith Williams; KCBS-TV talk-show host Truman Jacques, who served as master of ceremonies and Dr. Bill Releford chairman of the ADA's African American Outreach Committee in Los Angeles.

Mark J. Chastang named president of EO General Hospital

Mark J. Chastang, of Washington DC, has become the second African-American to head a New Jersey hospital. He has been named president and Chief Executive Officer of East Orange General Hospital as well as Essex Valley Healthcare, Essex Valley Medical Transportation Services and the East Orange General Hospital Foundation. He will also become vice chairman of the Hospital's affiliates: the Visiting Nurse Association of Essex Valley and Care At Home.

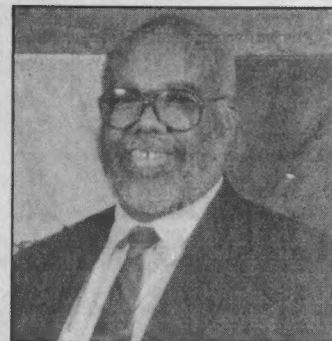


Verona native and Seton Hall alumnus Scott Chesney will serve as regional director for the New Jersey chapter of the Buoniconti Fund to Cure Paralysis, the fund-raising arm of the Miami Project to Cure Paralysis. The operation launched its operations Thursday, November 10th, with a fund-raiser at the Clubhouse in Plainfield. The chapter, based in Newark, will operate throughout the state, holding fund-raisers and generating awareness of paralyzing spinal cord injury (SCI).



Adewale Troutman elected as board member of the American Heart Association

Adewale Troutman, of Montclair, was elected to the Board of the American Heart Association, (AHA) New Jersey Affiliate, recently at the AHA's Annual Meeting. Dr. Troutman is a member of the AHA's North Essex Division Board. He is Medical Director of Adult Emergency Services at United Hospitals Medical Center in Newark. He also serves as chair of the committee on the State of Black Health in New Jersey and co-chair of the Commissioner's Advisory Committee on Minority Health. He is a Clinical Assistant Professor in the Department of Family Medicine at UMDNJ and a faculty member at Rutgers University in the Department of African Studies. Dr. Troutman is also the former Medical Director for the City of Newark.



Herbert Pardes named AAMC 1994-95 chair elect

Herbert Pardes, M.D., vice president for Health Sciences and dean of the Faculty of Medicine at Columbia University College of Physicians and Surgeons, became chair-elect of the Association of American Medical Colleges (AAMC). Dr. Pardes has been active in the Association since 1987. He currently serves as chair of the AAMC Council of Deans and is a member of the Advisory Panel on Biomedical Research.

A nationally recognized leader in psychiatry, research, and medical education, Dr. Pardes has received numerous awards, including the Vestermark Award from the American Psychiatric Association and the National Institute of Mental Health and the American College of Physicians' William C. Menninger Memorial Award.

PHOTO CAPTION: Members of Newark Beth Israel Medical Center's Alcohol, Drug, Depression Screening (ADDS) program and staff from the medical center's Division of Geriatrics gather for a group photo before a presentation breakfast briefing sponsored by the medical center. Standing, from left, is Ada Roca, M.A., and Sue Freeman, R.N., coordinators of the medical center's ADDS; Jennifer Glass, M.S.W., J.D. of Montclair, director of social services for the medical center's Division of Geriatrics; Geri Smith of Clifton, the Division of Geriatric's practice manager; and Joshua Schor, M.D. of Millburn, director of the Division of Geriatrics. Sitting, from left, is Estelle Greenberg of South Orange, a medical center vice president; Kim Mitchell, secretary for the ADDS program; and Mary Taylor, a certified drug and alcohol counselor for the ADDS program. Funded through the Older Americans Act, the Essex County Division on Aging grant totals more than \$120,000. The money will be used to identify the needs of individuals ages 60 and over, and to refer them to the appropriate treatment and support organizations. Services will be targeted to medically underserved communities with the greatest number of low-income and minority older adults, including individuals in East Orange, Irvington, Newark, and Orange.



Women of color are often women with cancer.

Most women don't know the facts. That 1 in every 9 women will develop breast cancer in her lifetime. For women of color, though, the recent news is even more compelling. Several recent studies suggest that breast cancer may appear in a more deadly, faster-growing form in black women. And because black women are less likely to go for regular physical examinations, they are actually more likely to die from the disease. Breast cancer, in fact, is now the leading cause of cancer death in black women.

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always share the results of your mammogram with you the same day, before you leave the office.

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